

Heart Beet Smoothie Bowl

Heart Health

Items Needed: measuring cups, measuring spoons, blender, knife and cutting board

Makes: 2 servings

Ingredients:

- 1 red beet root peeled
- 1 banana
- ½ avocado
- 1 cup frozen organic strawberries
- 1 thumb-sized piece of ginger peeled
- 1 Tbsp maple syrup
- 1 tsp chia seeds
- 1 ½ cup nut milk or rice milk
- Optional toppings (nut butter, sliced bananas, berries, nuts, seeds, etc.)

Directions:

1. Assemble all ingredients: for the beet, if you don't have a high powered blender, you can steam it lightly in a microwave safe bowl for 3 minutes – Note: If chopping Beets on a cutting board, do so on a plastic board so you can clean it easily. The beets will stain your counter tops or wooden cutting boards.
2. Put all ingredients in a blender and blend everything to a smooth consistency, about 45 seconds.
3. Pour smoothie into a bowl and add your favorite toppings.

Nutritionals: per ½ recipe without extra toppings

Cal: 243 Fat: 8.4g Carbs: 41.9 Fiber: 9.6 Protein 4.2g

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Recipe pulled from *Flexitarian Nutrition* at <https://flexitariannutrition.com/heart-beet-smoothie/>

