



2017 FOOD AND NUTRITION CALENDAR RECIPE



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Strawberry Beet Smoothie



- 1 cup orange-pineapple juice*
- 1 cup low-fat vanilla yogurt
- ½ cup canned or cooked sliced beets
- 1 apple, cored and cut into eight pieces
- 1 frozen banana
- 1½ cups frozen strawberries

*You can substitute orange juice in place of orange-pineapple juice.

1. In a blender, combine juice and yogurt and blend until smooth.
2. Add sliced beets, apple and banana and puree until smooth.
3. Add strawberries and blend on highest speed until smooth, stirring as necessary.

Prep time: 10 minutes

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$5.25

Cost per serving: \$0.87

Nutritional facts per serving:

110 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 55mg sodium; 24g carbohydrate; 2g fiber; 19g sugar; 2g protein; 0% Daily Value of vitamin A; 24% Daily Value of vitamin C; 6% Daily Value of calcium; 4% Daily Value of iron.

Source: Jackie Walters, Extension Specialist Senior for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service



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