

WILD PINK SMOOTHIE

This vibrant smoothie is a delightful blend of nutrient-packed beets and sweet tangy raspberries. This refreshing smoothie is a tasty and healthy choice.



PORTION SIZE: 1 cup

CREDITING: One portion provides ½ cup fruit, 1 m/ma.



INGREDIENTS	16 SERVINGS	DIRECTIONS
Beets, canned, drained	1 pound	1. Chill the drained beets for several hours or overnight under refrigeration.
IQF whole Washington red raspberries, frozen	3 pounds	2. Place the beets, raspberries, yogurt and milk in a large-capacity blender container (or prepare in batches).
Yogurt, vanilla, low-fat	4 pounds	3. Blend on high speed for 1 minute. Stop the blender and stir the ingredients with a spatula.
Milk, skim	½ pint	4. Continue to blend until smooth. 5. Portion into serving cups and cover. Serve chilled.

NUTRITION INFORMATION			1 serving = 1 cup		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	150		Total Carbohydrate	29	(g)
Total Fat	2	(g)	Dietary Fiber	6	(g)
Saturated Fat	1	(g)	Total Sugars	22	(g)
Cholesterol	5	(mg)	Vitamin D	8	(IU)
Sodium	140	(mg)	Calcium	250	(mg)
Protein	7	(g)	Iron	1.2	(mg)

NOTES

YIELD/VOLUME

1 gallon

SOURCE

redrazz.org