



Beet Mango Smoothie

2 servings

20 minutes

Ingredients

- 1 Beet (large, diced)
- 1 cup Frozen Mango
- 1 cup Frozen Berries
- 1 Carrot (small, peeled, chopped)
- 1 1/2 tsps Ginger (fresh, grated)
- 1 cup Baby Spinach
- 1 Lime (juiced)
- 2 tbsps Mint Leaves
- 1 cup Water (or more as needed)

Nutrition

Amount per serving	
Calories	131
Fat	1g
Carbs	32g
Fiber	7g
Sugar	23g
Protein	3g
Cholesterol	0mg
Sodium	69mg
Potassium	607mg
Vitamin A	7487IU
Vitamin C	65mg
Calcium	73mg
Iron	2mg

Directions

- 1 Steam the chopped beets for eight to 10 minutes or until almost tender. Let them cool completely.
- 2 Add all of the ingredients to a high-speed blender. Blend on high until smooth, scraping down sides as needed. Add more water if too thick.
- 3 Divide evenly between glasses and enjoy!

Notes

Leftovers: Best enjoyed fresh. To save time, steam the beets ahead of time and refrigerate for up to four days.

Serving Size: One serving is approximately 1 1/4 cups.

More Protein: Add a scoop of vanilla protein powder.