



# Un-beet-able Berry Smoothie



## Ingredients

Adapted from *FoodHero.org*

- 1 cup pineapple juice
- 1 cup low-fat or non-fat vanilla yogurt
- 1 cup fresh or frozen strawberries
- ½ cup fresh or frozen blueberries
- ½ cup canned sliced beets, drained



## Directions



Yield: 4 cups Serving size: 1 cup

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately.
4. Refrigerate or freeze leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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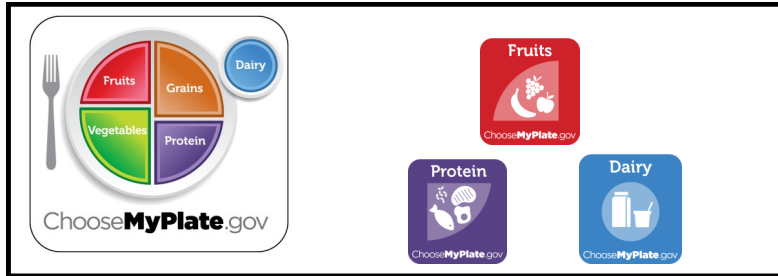
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- For a thicker smoothie, use frozen fruit instead of fresh fruit.
- Use plain yogurt and 1/2 teaspoon vanilla
- Add a banana.

Second Harvest is an equal opportunity provider.

## Nutrition Facts

4 servings per container

**Serving size** 1 cup (198g)

**Amount per Serving**

**Calories** 110

**% Daily Value\***

<b>Total Fat</b>	0g	0%
<b>Saturated Fat</b>	0g	0%
<b>Trans Fat</b>	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	70mg	3%
<b>Total Carbohydrate</b>	26g	9%
Dietary Fiber	2g	7%
Total Sugars	16g	
Includes 2g	Added Sugars	4%
<b>Protein</b>	2g	
Vitamin D	1mcg	6%
Calcium	93mg	8%
Iron	1mg	6%
Potassium	266mg	6%
Vitamin A	40mcg	4%
Vitamin C	20mg	22%

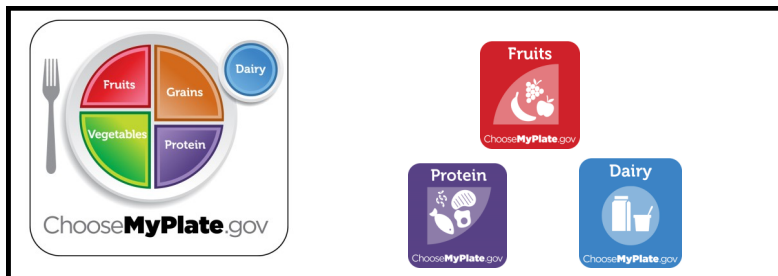
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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