

B E E T Smoothie B O W L



FOR THE SMOOTHIE

- 1/2 Cup Coconut Water
- 1/2 Cup Kefir
- 3/4 Cup Mixed Berry Blend
- 1 oz. Roasted Beets (cubed)
- 1/4 cup Broccoli
- 2 oz. Roasted Sweet Potatoes (cubed)
- 1-2 Beet Stems
- 2 each, Strawberries and Cherries
- 1 TBSP Almond Butter
- Pinch of Cinnamon & Cardamom
- 1 handful of Spinach (or more!)
- 3-4 Beet Leaves
- 1 TBSP Flax Oil (optional)
- Protein Powder (optional)

TOPPINGS

- Drizzle of Honey
- 1/4 Cup Granola
- Frozen fruit of your choice (blueberries are my fav!)

directions

1

PREP WORK

Preheat oven to 400. While the oven is preheating, wash and cube your sweet potatoes and beets. Remove both the stems and the leaves from the beets and set aside. (I usually do about 2 bunches of beets and 6-8 sweet potatoes; this should last you anywhere from 2-3 months, so you'll only need to do this step every once and a while!)

2

BAKE & FREEZE

Store the beet stems and leaves and bake the sweet potatoes and beets on a baking sheet lined with parchment paper for 20 minutes. Remove, let cool, and place the entire baking sheet in your freezer*. Once frozen, remove from baking sheet and store in your choice of tupperware (glassware or reusable bags recommended!)

3

MAKING THE SMOOTHIE

Adding in all the liquid first, throw all of the ingredients into your blender. Blend until smooth.

4

ADD YOUR TOPPINGS & ENJOY

Place your smoothie in a bowl, add your toppings, and enjoy your healthy masterpiece!

*It's very important to freeze the veggies on the baking sheet or even just the parchment paper. If you skip this step and throw them all together, they will be very hard to separate when you want to use them!