

Cherry Beet Smoothie

Swick

Serves 1 | Active Time: 10 minutes | Total Time:

Chef's Notes

Suggested adult serving: 2¼ cups

Store any leftover smoothie in an airtight container in the refrigerator for up to 1 day.

RECIPE TIPS

Frozen Bananas: Line a baking sheet with parchment paper. Freeze banana pieces on prepared baking sheet for at least 2 hours.

Smoothie Bowl: For a smoothie bowl, blend everything except oats and chia seeds. Pour into bowls and top with oats, chia, and fresh fruit.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Chia Seeds: Look for chia seeds in the natural foods or baking aisles at your grocery store. For most recipes, either ground or whole will work.

Step 1: Make Smoothie

- 3 bananas sliced & frozen (see tip) (≈4 1/2 cups)
 - 24 fl oz unflavored plant milk (≈3 cups)
 - 1/3 cup rolled oats
 - 3 tablespoons chia seeds
 - 13 1/2 oz frozen cherries (≈2 1/4 cups)
 - 8-oz precooked beets
- In a high-powered blender (or food processor), combine frozen bananas, plant milk, oats, chia, frozen cherries, and beets. Blend until smooth.
- Enjoy immediately.