Citrusy Beet SMOOTHIE

SERVES: 2-3 people

EQUIPMENT: blender, rubber spatula

INGREDIENTS:
1.5 cups coconut water
1 steamed carrot, peeled
1 lemon (zest and juice of the lemon)
1 small steamed and peeled beet
1 cup pineapple, fresh or frozen chunks

INSTRUCTIONS:
1. Add all of the ingredients to blender jar.
2. Blend on high until all of the fruits and vegetables are liquified.
3. Pour into glasses.

BENEFITS of BEETS:
Betaine – helps prevent chronic diseases like diabetes, heart disease, and arthritis.
Iron – prevents iron deficiency anemia and helps make blood cells.
Potassium – helps maintain normal blood pressure for those with hypertension and heart disease.