



Beet Berry Chia Smoothies for Two



Whip up these healthy smoothies for you and your sweetie this month!

INGREDIENTS:



- 2 cooked small beets
- 1 cup blueberries or mixed berries frozen or fresh (if fresh, add 3-4 ice cubes)
- 2 tablespoon chia seeds
- 2 X- large handful of spinach
- ½ - 1 cup cold milk of choice (we prefer almond, coconut or oat)

Optional: add a scoop of your favorite protein powder

INSTRUCTIONS

1. Peel the cooked beets and cut it into small chunks
2. Add the beet, berries, chia seeds, spinach, milk (and protein powder if using) to the blender or Vitamix. Blend for 1-2 minutes or until smooth. Add more water or milk choice to achieve desired consistency.

