

Berry Beet Smoothie

Flavored with a hint of basil and sweetened with banana, this pink smoothie blended with coconut milk tastes as good as it looks.

This Recipe Uses: JAWZ High Performance Blender

PREP TIME 10 mins

COOK TIME 0 mins

TOTAL TIME 10 mins

Makes: 4 cups

INGREDIENTS

1 can (14 oz) coconut milk
2 frozen bananas
1 cup strawberries
1/2 cup chopped cooked beets
1/2 cup raspberries
2 tbsp fresh basil
Agave syrup or honey

METHODOLOGY

1. In JAWZ High Performance Blender, combine coconut milk, bananas, strawberries, beets, raspberries and basil. Start blending at Speed 4 and slowly increase speed to 8; blend until smooth.
2. Sweeten with agave syrup to taste. Pour into 4 glasses and serve immediately.

Tip:

- Substitute cherries for strawberries if desired.
- For a decadent finish, garnish with a dollop of whipped coconut cream and garnish with extra raspberries and chia seeds.