

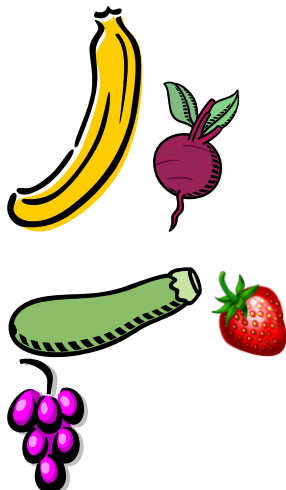
UMS

Red Smoothie

By: Thomas Buckley

Ingredients:

1 small beet, peeled and cubed
½ cup zucchini, chopped
1 overripe banana
10 red grapes
7 large frozen strawberries
1 TBSP maple syrup
½ cup skim milk



Directions:

1. Prepare and measure ingredients.
2. Place all ingredients into a blender and blend on high until the carrot pieces are hardly noticeable.
3. Serve and enjoy!

Makes 3 Servings

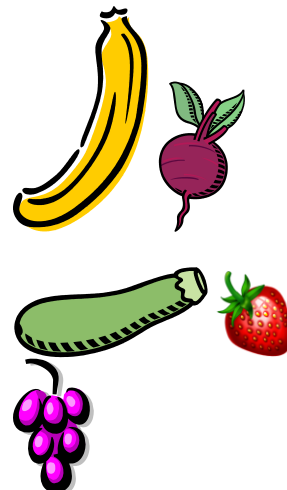
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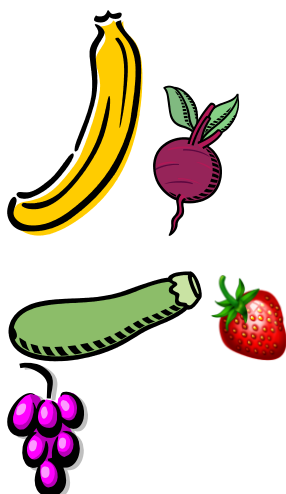
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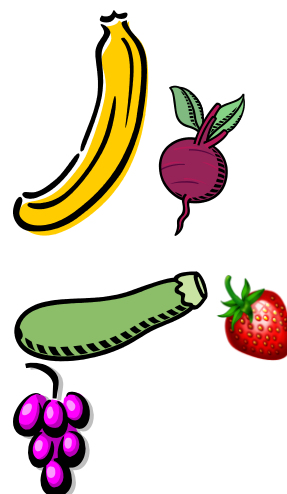
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Makes 3 Smoothies

UMS**Red Smoothie**

Serving Size: 8 oz. portion

Calories	93
Total Fat	.26g
Saturated Fat	.08g
Trans Fat	---
Cholesterol	.82mg
Sodium	46mg
Carbohydrate	22g
Dietary Fiber	1.7g
Protein	2g
Vitamin A	107mg (RE)
Vitamin C	15mg
Calcium	66mg



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