Red Smoothie

By: Thomas Buckley

Ingredients:

1 small beet, peeled and cubed ½ cup zucchini, chopped

1 overripe banana

10 red grapes

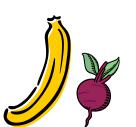
7 large frozen strawberries

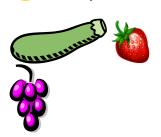
1 TBSP maple syrup

½ cup skim milk

Directions:

- 2. Place all ingredients into a blender and blend on





Directions:

By: Thomas Buckley

1 small beet, peeled and cubed

½ cup zucchini, chopped

7 large frozen strawberries

1 overripe banana

1 TBSP maple syrup

½ cup skim milk

10 red grapes

Ingredients:

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

Red Smoothie

3. Serve and enjoy!

Makes 3 Servings

- 1. Prepare and measure ingredients.
- high until the carrot pieces are hardly noticeable.
- 3. Serve and enjoy!

Makes 3 Servings

UMS

Red Smoothie

By: Thomas Buckley

Ingredients:

1 small beet, peeled and cubed

½ cup zucchini, chopped

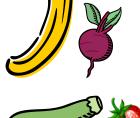
1 overripe banana

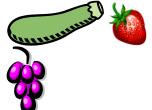
10 red grapes

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 Smoothies

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

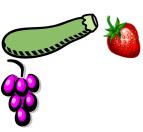
½ cup skim milk

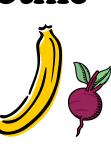
<u>Directions</u>:

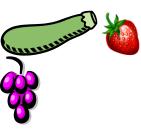
- 1. Prepare and measure ingredients.
- 2. Place all ingredients into a blender and blend on high until the carrot pieces are hardly noticeable.
- 3. Serve and enjoy!

Makes 3 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



For more information about food labels and nutrition visit http://www.choosemyplate.gov/

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



For more information about food labels and nutrition visit http://www.choosemyplate.gov/

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



For more information about food labels and nutrition visit http://www.choosemyplate.gov/

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



For more information about food labels and nutrition visit http://www.choosemyplate.gov/