

ROASTED BEET AND MANGO BLENDER BURST SMOOTHIE



ingredients:

- 1oz. red beets, roasted or canned
- 1 large mango, diced and chilled
- 1 banana
- ½ cup plain low-fat yogurt (can substitute fat free soy milk)
- 1 cup fresh-squeezed orange juice
- 6 to 8 ice cubes
- 1 to 2 drops of vanilla extract, optional

process:

Blend the roasted beet, orange juice, yogurt and banana until well mixed. Next, add the ice cubes and mango and continue blending until mango is mixed in. Serve in a chilled glass.

chef's tip: *To roast whole beets, preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Place the beets in a small baking dish or roasting pan and toss with 2 tablespoons of olive oil. Cover and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. Let cool for 20 minutes. Remove the skin.*



American Culinary Federation
180 Center Place Way | St. Augustine, FL 32095
800.624.9458 | www.acfchefs.org