

## Beet and Apple Smoothie

¾ cup diced cooked beets (such as leftover pan-roasted beets)  
¼ cup diced cucumber  
¾ cup diced Honeycrisp apple  
½ cup nonfat Greek yogurt  
½ cup 1% Kefir  
Juice of ½ lemon  
Ground ginger



Yep, beet smoothies. Buckle up, because this one gets a little weird.

This is my kind of smoothie. I'm not in to super sweet, full of chia and hemp, extra protein powder kind of smoothies. That's just not usually my style. This one is a bit earthy, naturally sweet, and doesn't cause a sugar crash. There are probiotics, easily digestible protein, dietary fiber, and even vitamins and minerals. If you're like me, and have a hard time eating a bunch of sugar for breakfast, give this one a try. This recipe makes 1 very large or 2 smaller smoothies.

**A note about Kefir.** If you haven't heard of it, it's sort of the dairy equivalent to kombucha. It's available in the dairy section of Publix, usually near the sour cream and yogurt. I buy Lifeway brand, mainly because that is usually the only brand available. I think it tastes like thinner sour cream, and though some people just drink it, I prefer to use it as an ingredient in place of yogurt, sour cream, or milk. The only thing to look out for is that if you want to get the benefits of the probiotics and not just the taste, then don't heat it. Heat kills the good bacteria (well, it kills all the bacteria), so it won't actually help your gut flora. But, it's absolutely still delicious even if you do cook it.

Don't peel any of the produce. Just wash it well. The peel has nearly all the fiber and vitamins, so getting rid of it is doing yourself a disservice.

Add everything to the blender in this order: lemon juice, Kefir, cucumber, apple, yogurt, then the beets, and finally a dash of ground and dried ginger. Making sure the liquid is in the bottom of the blending carafe will help everything blend more evenly and easily. Even so, you might need to add a bit of water to get everything going. Once it's smooth enough for you (I like it pretty smooth. If I'm going to drink something, I don't want to be chewing little bits of vegetable.), give it a taste. You might want a bit of honey, or more lemon juice. Add more water or kefir if you want it thinner. You could even use juice instead of water to think it out. Apple juice would be delicious.

Give it a try. Yep, it sounds really weird. But it tastes light and almost floral. And it's the most astounding color. It's a wonderful summer breakfast, especially when icy cold. Sometimes I'll make it the day before and let it chill all night in the fridge.