

Iron Maiden

1 c. strawberries
1 c. pomegranates or raspberries
½ banana
½ small beet and a small handful of beet greens if you have them (great iron source)
½ c. raisins (great iron source)
1 ½ c. water

Place all the ingredients in a blender and mix until smooth. This has a beautiful berry flavor and full of usable and safe iron for the body. Enjoy! (I made this especially for my beautiful “maiden” daughter who was feeling particularly tired after track practice one day.)
Serves 3-4 people.

Recipe by Kelly Pomeroy

