

# Herbal Legacy Recipes

## RED SUMMER SUNRISE

*Submitted by Noell Larsen - "Since the day I concocted this combination I have loved it! Definitely a summer treat and yes, addicting."*

### INGREDIENTS:

- 1 small beet with greens
- 1 carrot
- ½ apple
- 1 frozen banana
- 1 C. cubed watermelon
- 1 stalk celery
- ¾ C. frozen blueberries



### DIRECTIONS:

Blend and enjoy!

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