

Sweet Heart Berry Beet Smoothie

½-1 inch cross section slice of a raw beet
2 large handfuls of spinach or mixed greens
1-2 cups frozen mixed berries or strawberries
2 cups of orange juice or 2 oranges and a little water to aid mixing
a pinch of cayenne
Ice 1 cup or as much as desired

Blend and enjoy!

Beets have an anti-inflammatory effect in the circulatory system. Spinach/greens, berries, oranges and cayenne all aid the circulatory system by cleaning, thinning and nourishing the blood.

Recipe by Kelly Pomeroy

