

## Beverages

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# Berries & Beets

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### Servings: 1

*If you use frozen fruit, you may not need as much ice. Frozen fruit is as nutrient-packed as fresh fruit - just choose those with no added sugars.*

*If you do not wish to use dairy products, most milk alternatives (soy, rice) have roughly the same calories as 1% milk - about 100 per cup.*

**1 cup fresh blueberries**

**1/2 cup fresh or frozen, raspberries**

**1/3 cup sliced, cooked beets**

**1/4 cup nonfat Greek yogurt**

**1/4 cup fresh orange juice**

**1 teaspoon light agave nectar**

Place all of the ingredients in a blender. If adding ice, place it in the container last.

Process until smooth.

Serve in a tall glass, preferably chilled.

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Per Serving (excluding unknown items): 109 Calories; 1g Fat (5.1% calories from fat); 1g Protein; 27g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 1/2 Fruit.