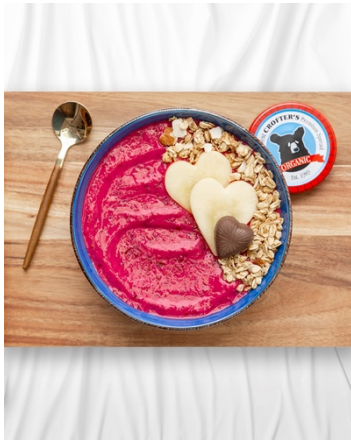




# STRAWBERRY BEET SMOOTHIE BOWL



SERVES: 2 | PREP TIME: 5M | COOK TIME: 45M

DAIRY FREE VEGAN VEGETARIAN

## INGREDIENTS:

- ¼ Cup Crofter's Organic Premium Strawberry Fruit Spread
- 1 Small Beet (Roasted and Quartered)
- 1 Cup Frozen Strawberries
- 1 Apple (Diced)
- 1 Frozen Banana
- ½ Cup Oat Yogurt
- ¼ Cup Almond Milk
- Granola (for Garnish)
- Apples (for Garnish)
- Heart Chocolate (for Garnish)

## DIRECTIONS:

1. Preheat the oven to 400°F and line a baking tray with parchment paper. Wrap a small beet with tinfoil and place on the baking tray. Roast the beet for 45 minutes or until soft and can be punctured easily with a fork. Unwrap and set aside to cool.
2. Place all of the ingredients in a blender and blend until smooth. This smoothie will be thick! Feel free to add more almond milk if you prefer a thinner consistency.
3. Scoop the smoothie out into a bowl and garnish with some fresh granola, apples, and chocolate. Enjoy!