

Cherry Berry Beet Smoothie

DIRECTIONS

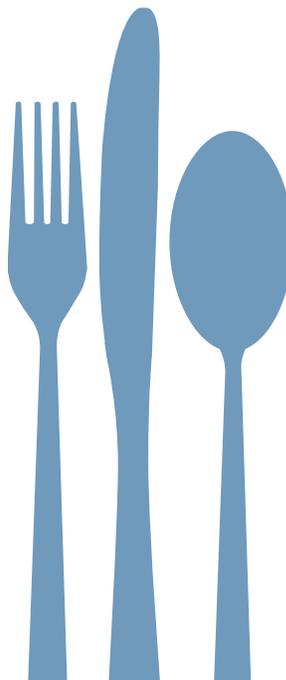
1. Place all ingredients, in order, into a blender and blend until smooth.

*Can add honey for sweetness if desired.



INGREDIENTS

- 1 orange
- 1 banana
- 1/2 cup plain yogurt
- 1 small beet
- 1 tsp. vanilla
- 1/2 cup frozen strawberries
- 1/4 cup frozen cherries
- 1/4 cup water



Sun-Dried Tomato Ricotta Crostini

DIRECTIONS

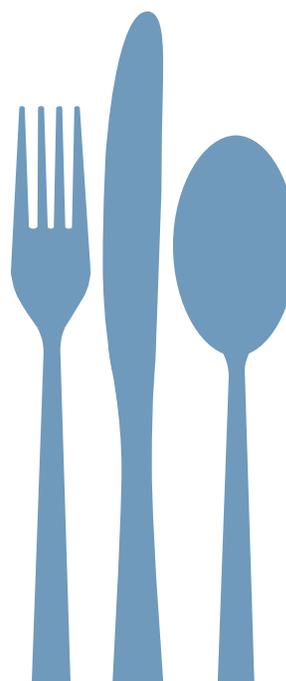
1. Place ingredients up to the cheese in a food processor. Pulse until combined.

2. Spread ricotta cheese on crostini pieces and top with mixture.



INGREDIENTS

- 1 cup drained oil-packed sun-dried tomatoes
- 1 cup loose fresh basil
- 4 cloves garlic
- 1/2 tsp. pepper
- 15-ounce ricotta cheese
- 20-30 crostini pieces



No Bake PB Cherry Trail Mix Bites

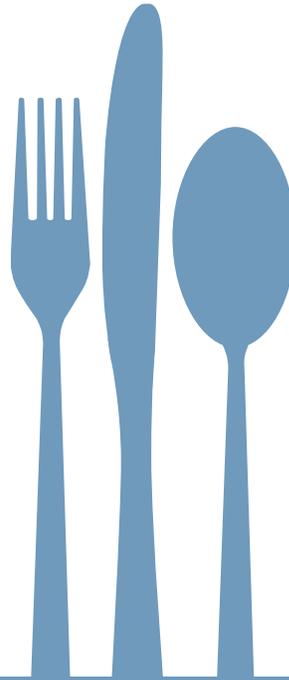
DIRECTIONS

1. Pulse all ingredients, except for the cherries, in a food processor.
2. Stir in the cherries.
3. Let sit in the fridge for 30 minutes so the mixture is easier to handle.
4. Form into 1" balls and keep refrigerated up to a week.



INGREDIENTS

- 1/4 cup maple syrup or honey
- 1/4 cup ground flax
- 3 Tbsp. natural peanut butter
- 1/4 cup hemp seeds
- 1/4 cup chia seeds
- 1 tsp. vanilla
- 1/4 cup dried cherries



Sweet Potato, Quinoa and Beet Breakfast Scramble

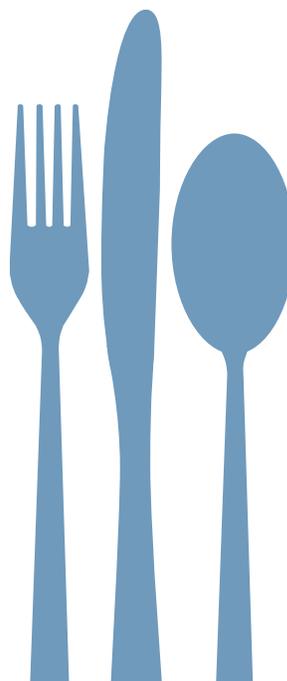
DIRECTIONS

1. Mix all ingredients in a bowl.
2. Pour onto skillet and cook over medium heat for 5-10 minutes.



INGREDIENTS

- 1 cup cooked quinoa
- 2 eggs
- 3/4 cup bread crumbs
- 1/2 cup zucchini, diced
- 1/2 cup beets, diced
- 1/4 cup shredded cheese
- 1/2 cup spinach, shredded
- 1/2 sweet potato, diced
- 1 tsp. garlic powder
- 1/2 tsp. paprika



Quick and Easy Beet Greens

INGREDIENTS

(2 servings)

DIRECTIONS

1. Bring a large pot of water to a boil. Add the beet greens, and cook uncovered until tender, about 2 minutes.
2. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process.
3. Once the greens are cold, drain well, and coarsely chop.
4. Heat the olive oil in a large skillet over medium heat.
5. Stir in the garlic and red pepper flakes; cook and stir until fragrant, about 1 minute.
6. Stir in the greens until oil and garlic is evenly distributed. Cook just until greens are hot; serve with lemon wedges.

- 2 bunches of beet greens, stems removed
- 1 tablespoon of olive oil
- 2 cloves of garlic, minced
- 1 teaspoon of red pepper flakes (optional)
- 1 lemon, quartered

