

# Anti-Inflammatory Turmeric Smoothie

The recipe calls for fresh, steamed beets. You can prepare these ahead of time and store in your fridge for up to seven days. If this seems like too much prep work for your morning smoothie, you can substitute frozen or canned beets (just be sure you don't grab the pickled ones!) Beets are a great source of potassium, manganese, fiber, phosphorus, iron, beta-carotene, and folic acid.



## Ingredients

⅓ cup low-fat vanilla yogurt  
⅓ cup almond milk (or other liquid)  
½ cup fresh diced beets, steamed  
½ banana  
½ cup frozen strawberries  
1 tablespoon honey  
Ice as needed

## Directions

1. Add almond milk and yogurt to blender.
2. Add beets, banana, strawberries and honey.
3. Blend until smooth.
4. Add ice to desired texture.
5. Serve immediately or freeze for later use. Enjoy!

## Yields - 16 oz.

Calories: 229  
Sodium: 142.6 mg

Fat: 1.6 g  
Fiber: 4.8 g

Protein: 5 g

Carb: 54 g