

Strawberry Acai Smoothie



Ingredients

- 1/2 cup milk
- 6 ounces strawberry yogurt
- 1 cup sliced strawberries, fresh or frozen
- 1-inch piece of ginger, peeled
- 2 small beets, cooked and cooled
- 1 teaspoon Acai Powder

Preparation

1. In a blender, combine milk, yogurt, strawberries, ginger, and beets.
2. Blend over high speed until smooth.
3. Serve immediately.

scan for full recipe



recipe courtesy of our friends at savorrecipies.com