



Beet-Boosting Smoothie

1 handful of organic green beet leaves or 1 small beet

1 handful of organic red leaf kale

2 pitted dates

$\frac{1}{4}$ cup pineapple chunks (frozen or fresh)

$\frac{1}{2}$ banana

$\frac{1}{2}$ cup organic blueberries

1 tbsp. chia seed

$\frac{1}{2}$ to $\frac{3}{4}$ cup nsweetened almond coconut milk

Place all ingredients into blender, mix & enjoy!

TRINAWIGGINS*MD*