

Cherry Beet Smoothie



Ingredients (Serves 2):

5 oz raw beets, scrubbed and chopped
2 mandarins, peeled
Juice of 1 lemon
1/2 inch fresh ginger root, peeled
1 tsp tart Montmorency cherry concentrate
1 cup water
1 cup ice

Nutritional Information (per serving):

- Calories 87
- Fat 0g
- Sugar 14g
- Fiber 4g
- Protein 2g
- Carbs 21g

HACCP- Standard Operating Procedure- Use hand washing procedures before starting recipe.

Instructions:

Add ingredients to blender jar in order listed and secure lid.

Blend on a Medium to Medium-High speed for 50-60 seconds.

HACCP Critical Control Point: Bacteria grow most rapidly in the range of temperatures between 40°F and 140 °F. This range of temperatures is

often called the "Danger Zone." Never leave food out of refrigeration over 2 hours.

HACCP Critical Control Point: Store cold food at 40°F or below.

HACCP Critical Control Point: Use 0°+/- 3° for storage.

***Allowing ice cream to rise above 10° can adversely affect the flavor and texture.**

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