



## Beet Apple Smoothie

As one of nature's sweetest vegetables, beets are a perfect contender for winter smoothies with plenty of visual appeal. If using a less powerful blender, you may want to use cooked and cooled beets.

### Stealth health

It's true: an apple a day may help keep the doctor at bay. A recent *Journal of Functional Foods* study found that polyphenol antioxidants in apples can reduce levels of oxidized LDL cholesterol, a particularly heart-hampering form of cholesterol.

1/2 cup (125 mL) orange juice  
1/2 cup (125 mL) plain Greek yogurt  
1 small beet, peeled and quartered  
1 apple, quartered  
2 Tbsp (30 mL) walnuts  
1/2 in (1.25 cm) piece fresh ginger

Place orange juice, yogurt, beet, apple, walnuts, ginger, and 3 ice cubes in blender container and blend until smooth. If needed, add a touch more orange juice to help with blending.

Serves 1.

Each serving contains: 318 calories; 11 g protein; 10 g total fat (1 g sat. fat, 0 g trans fat); 50 g total carbohydrates (38 g sugars, 5 g fibre); 140 mg sodium >>