

HeartBeet



The HeartBeet blend is so simple to whip up & will show your heart some love as all the ingredients are heart healthy!



Nutrition Info

Makes: fluid ounces
= cups
= milliliters (mL)

Calories: 900 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 47.2%

Protein: 18.6%

Fat: 34.2%

Make it for the whole family:

Eliminate the oil and cut the tofu amount in half to enjoy as a heart healthy smoothie for the whole family. If needed add honey or maple syrup to sweeten.

HeartBeet

Ingredients

- 1 cup cooked oatmeal
- 1 cup of cooked beets (canned or fresh)
- 1 cup of carrots
- 1 cup of blueberries
- 2 cups of soymilk
- 1 $\frac{3}{4}$ cups of water
- $\frac{1}{2}$ package of extra firm tofu
- 3 tablespoon of olive oil
- 1 tablespoon of lemon juice

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Food Scale

Measuring tools:

- 1 cup, $\frac{3}{4}$ cup
- Tablespoon

Tips

Swap out the oats for quinoa to ramp up the protein content.

Substitute any frozen fruit for the blueberries.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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