

# COOK ONCE, EAT TWICE.

TRY THESE RECIPES TO HELP YOU  
WASTE LESS AND EAT WHAT YOU BUY.



**TOO GOOD  
TO WASTE**



**King County**

Department of  
Natural Resources and Parks  
**Solid Waste Division**

## **Mixed Berry and Beet Smoothie**

*Got some beets in your kitchen and don't know what to do with them? Put them in a smoothie.*

### **Ingredients**

**1/2 C** freshly squeezed orange juice

**1 C** mixed frozen berries or blueberries

**2 Tbs** granola

**1/3 C** diced beets, either raw or roasted

**1/4 C** plain yogurt or coconut milk

**1 tsp** honey

**2 or 3** ice cubes

### **Preparation**

- Place all ingredients in a blender and blend for 1 full minute. Drink right away.

*Recipe courtesy of PCC Natural Markets*