



FarmFresh

Recipes

July 2016

Available Now...

Beets

Beet varieties offer a rainbow of colors including deep red, gold, white and red and white striped.

Tips & Nutrition

Choose beets with firm, smooth skins and non-wilted leaves, if still attached. Smaller beets are more tender. Beets are fat free, low in sodium and an excellent source of folate.



Fresh Inspirations...

Island Style Beet and Coconut Smoothie

Ingredients

- 1 Cup Beet, cooked, cooled, peeled and diced small
- 1/2 Cup Fresh Pineapple, diced small
- 1/4 Cup Large Flake Coconut, toasted
- 1/2 Cup Orange Juice
- 1/4 Cup Guava Juice
- 1/2 Cup Greek Vanilla Yogurt
- 1 Cup Almond Coconut Milk

Directions

Place all ingredients into a blender, pulse to mix, then blend on high to make it smooth. Serve in a chilled glass with pineapple garnish.



Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... **Colorado Proud Month** Produce a Plenty