

Savory Beet Smoothie

Ingredients:

- 1 small red beet (6 ounces), scrubbed but not peeled, cut into large chunks
- 1 celery rib, cut into 3-inch lengths
- 1 pound Granny Smith apple—halved, cored and cut into large chunks
- 1/4 to 1/2 ounce piece of horseradish, peeled, or 1 to 2 teaspoons prepared horseradish
- Rice vinegar, roasted garlic
- 1 tablespoon fresh lemon juice
- pinch of salt
- Add goat cheese or feta cheese for a creamy drink.

Beets in today's tasting from grower
Melanie Solomon, Solomon Farms

Taste This!

Howard County Farmers' Market
May 19, 2017

