

## The Root-Tootin' Smoothie Recipe

*This root packed smoothie is courtesy of Linda Labute from Windsor Modules*

**Makes:** 2 servings (28 oz.)

**Ingredients:**

- 4 large leaves of leafy greens
- 1 small beet
- 1 medium carrot
- 1 sweet potato/yam
- ¼ - ½ tsp. cinnamon
- 1-2 apples or ½ cored pineapple
- 2 cups of filtered water

**Directions:**

1. Blend and strain the sweet potato first and then add the remaining ingredients, and blend on high for 1 minute.

