

# The Root-Tootin' Smoothie

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

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

## Ingredients:

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

## Directions:

1. Blend and strain the sweet potato.
2. Add remaining ingredients and blend on high until the desired consistency is achieved.



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