

FEBRUARY HEART HEALTH

TROPICAL SMOOTHIE WITH BEETS, PINEAPPLE, AVOCADO & OJ

Antioxidants: Beets, pineapple, avocado, and orange juice are all rich in antioxidants, such as vitamins C and E, which help reduce oxidative stress and inflammation in the body. This can help protect against heart disease by preventing damage to the blood vessels and reducing the risk of atherosclerosis (hardening of the arteries).

Lower Blood Pressure: Beets are particularly beneficial for heart health due to their high nitrate content. Nitrate-rich foods have been shown to help lower blood pressure by dilating blood vessels and improving blood flow. This can help reduce the risk of hypertension and related heart problems.

Improved Circulation: The combination of nutrients in this smoothie, including vitamin C, potassium, and fiber, can support healthy circulation and blood flow, which is essential for heart health.

Bromelain (brow·muh·layn): Pineapple contains bromelain, an enzyme that may help reduce inflammation and improve circulation.

INGREDIENTS:

Servings: 6 (1/2 cup)

Ingredients:

- 1, 1/3 cups diced, peeled beets
- 1, 1/3 cups diced pineapple
- 1/2 cup freshly-squeezed orange juice
- 1/2 ice water
- 1/2 avocado (peeled, pitted)

Directions:

- Place all ingredients in blender and process until smooth. Serve immediately.

Nutrition Facts	
Calories	65
Total Fat	2.6 g
Saturated Fat	0.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	2.0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Sugars	6.7 g
Protein	1.3 g

