

Strawberry Banana Beet Smoothie - Colorful, Creamy, and Full of Goodness

Beetroot, Banana and Strawberry Smoothie



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5 min

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INGREDIENTS

1/2 medium beetroot (raw or cooked - your choice)

1 ripe banana

5 fresh or frozen strawberries

200 ml milk (or plant-based milk like almond or oat)

1 tablespoon honey or natural sweetener (optional)

Ice (optional, for a cooler texture)

Ingredient Swaps & Notes:

Beetroot: Cooked beets give a slightly sweeter, milder flavor; raw beets offer more earthy depth and are great for detox.

Milk Alternatives: Almond, oat, soy, or coconut milk all work beautifully.

Strawberries: Frozen berries make the smoothie thicker and colder-no ice needed.

Sweetener: Skip it if your banana is extra ripe. Or try agave, maple syrup, or date syrup.

Step-by-Step Instructions:

1. Prep the Produce:

If using raw beets, peel and chop into small pieces for easier blending.

Wash the strawberries and remove the green tops.

2. Blend It All Together:

Beetroot

Banana

Strawberries

Milk of choice

Honey or sweetener (if using)

3. Add Ice (Optional):

4. Serve:

Tips for Success:

Use ripe bananas for the creamiest texture and best sweetness.

Prep beets in advance by roasting or boiling and storing in the fridge for quick use.

Double the batch and keep one serving chilled for later in the day.

Serving Suggestions & Pairings:

3-Ingredient Oatmeal Breakfast Cookies

Viral Cottage Cheese Pancakes for a protein-rich plate

No-Bake Monster Cookie Energy Balls as a pre- or post-workout bite

3-Ingredient Egg Wrap for a low-carb pairing option

Storage & Leftovers:

Best Fresh: This smoothie is best enjoyed immediately to preserve its texture and nutrients.

Short-Term Storage: You can refrigerate leftovers for up to 24 hours in a sealed jar-just shake or stir before drinking.

DIRECTIONS

1. Prep the Produce: If using raw beets, peel and chop into small pieces for easier blending.
2. Wash the strawberries and remove the green tops.
3. Blend It All Together: In a high-powered blender, combine:
 4. Beetroot
 5. Banana
 6. Strawberries
 7. Milk of choice
 8. Honey or sweetener (if using)
9. Blend until the mixture is smooth and creamy. This may take 30-60 seconds depending on your blender's strength.
10. Add Ice (Optional): For a colder, thicker smoothie, toss in a few ice cubes and blend again.
11. Serve: Pour into a tall glass and enjoy immediately. Garnish with a strawberry slice or sprinkle of chia seeds if you're feeling fancy.
12. Tips for Success: Use ripe bananas for the creamiest texture and best sweetness.
13. Prep beets in advance by roasting or boiling and storing in the fridge for quick use.
14. Double the batch and keep one serving chilled for later in the day.
15. Serving Suggestions & Pairings: Pair your smoothie with a light breakfast or snack like:
 16. 3-Ingredient Oatmeal Breakfast Cookies
 17. Viral : Cottage Cheese Pancakes for a protein-rich plate

18. No-Bake : Monster Cookie Energy Balls as a pre- or post-workout bite
19. 3-Ingredient Egg Wrap for a low-carb pairing option
20. Storage & Leftovers: Best Fresh: This smoothie is best enjoyed immediately to preserve its texture and nutrients.
21. Short- Term Storage: You can refrigerate leftovers for up to 24 hours in a sealed jar-just shake or stir before drinking.
22. Meal : Prep Hack: Freeze the pre-cut fruit and beet in a bag so you can toss and blend in seconds.
23. More Recipes You'll Love: Blueberry Lemonade - refreshing and fruity
24. Oatmeal : Breakfast Cookies - a portable breakfast
25. No-Bake : Energy Balls - sweet, nutty, and snackable

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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