

A Veggie Rainbow Smoothie

For the Veggie Rainbow blend,
imagination is your friend.

For red, use a beet.

It's juicy and sweet.

For yellow and orange, take pumpkin or squash.

There's no need to peel them; just give them a wash.

For green, add a bean or maybe some peas,
or add leafy greens for the best recipes.

For pink, use a radish or skip it, that's fine.

For purple, use carrots. They're not hard to find.

Can carrots be purple? What do you think?

They can be purple and yes, even pink!

