Ingredients
1 beet (raw or cooked), washed and chopped
1 apple, cored and chopped
1/2 inch peeled ginger (or 1/4 tsp of dried ginger)
1 cup of strawberries, fresh or frozen (optional)
1 to 2 cups of water
Juice of 1/2 lemon
Ice as needed

Directions
1. In a blender add beet, apple, ginger, strawberries (if using), water, lemon juice and ice, if desired.
2. Blend until smooth.
3. Serve immediately; alternatively, store in freezer and thaw up to one hour before drinking

Alternate Serving Suggestion:
Pour smoothie into popsicle molds and freeze for a delicious frozen treat.