

# Farm to Campus Market

## Dining Services Presents:

# Beet & Strawberry Lemonade

### Ingredients:

- 1 ounce Cold Water
- 1/8 cup Sugar
- 10 ounces beets
- 1/2 cup strawberries
- 4 cups of fresh squeezed lemon juice

### Directions:

1. Place water and sugar in a pot and bring to a simmer over medium heat
2. Simmer for 3-5 minutes, or until sugar dissolves
3. Let cool at room temperature
4. Prepare the beets & strawberries:
  - a. Preheat oven to 325F
  - b. Wash beets and strawberries, de-stem and cut in half
  - c. Roast beets for 45 minutes or until tender
  - d. Cool beets, then peel beets
  - e. Put beets and strawberries in blender or food processor, blend until smooth
  - f. Strain and save the juice
5. Assemble the lemonade by mixing the beet and strawberry juice with the lemon juice
6. Add simple syrup to taste
7. Cool in the fridge (< 40F) and serve over ice.

### Why it's "Smart"

1. Antioxidants in beets are heat-resistant! When you drink this lemonade, you are still reaping the benefits of beets.
2. Beets are high in nitric oxide, which can help with muscle recovery.
3. Beets are rich in the antioxidant betalain, which cause beet's reddish color. Betalain pigments have been known to turn your urine pink.
4. Lemon juice is a great source of vitamin C, which promotes a strong immune system and helps prevent bruising easily.

### Tips & Tricks

This recipe is a great way to mix up your beverages and stay cool on hot days. When you are craving something other than water, beet & strawberry lemonade is a cool way to consume nutrients that have many health benefits.

*Don't have a juicer? Try these swaps!*

*-Lemon Juice Concentrate*

*-100% Juice Grapefruit Juice*

*-100% Juice Cranberry Juice*

*-Squeeze a few lemons to elevate your water*