

INGREDIENTS:

SERVES 1/2 PEOPLE :

- 1 small-medium red beet, raw and peeled
- 1 cup blueberries
- 1 banana (we prefer frozen for a creamy smoothie texture)
- a handful of baby spinach
- 1/2- 1 cup unsweetened almond milk (or coconut water for a thinner texture)
- 1 scoop vegan unflavored or vanilla protein powder (optional)

HOW TO PREPARE:

STEP 1:

Gently wash beetroot. Use organic when possible. Peel beet and cut in quarters.

STEP 2:

In a high-speed blender, blend raw beet, blueberries, spinach, banana, almond water (or coconut water), and vegan protein powder. Add more water or ice cubes for a preferred thinner or thicker texture.

STEP 3:

Blend until smooth.

STEP 4:

Top with coconut shreds or hemp seeds (optional).

STEP 5:

Enjoy!



How To Use:

For best results, add 1 scoop OR 3 heaped teaspoons (25g serving) into half a large glass of water, juice, soya milk etc. Add more liquid and stir for a delicious, thick and nutritious drink.

