

**BEEET THE
BLUES SMOOTHIE**



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Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
232 kcal
5g Fats
54g Carbs
5g Protein



GF

DF

V

Q

WHAT YOU NEED

- $\frac{2}{3}$ cup (150ml) plant milk
- $\frac{1}{2}$ cup (100g) cooked beetroot
- $\frac{1}{2}$ cup (50g) blueberries
- $\frac{1}{2}$ banana
- $\frac{1}{2}$ apple
- 1 tsp. chia seeds
- 1 tsp. maca powder

WHAT YOU NEED TO DO

Using a high-power blender, blend all ingredients together until smooth.