



*Beetroot & Ginger Green Smoothie*

# Beetroot & Ginger Green Smoothie



Prep 10 minutes



Makes 1.5L / Serves 4

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*2 medium beetroot, peeled, cut into 2cm pieces*

*180g seedless red or green grapes*

*50g baby spinach*

*2cm piece ginger, roughly chopped*

*½ lemon, peeled, halved*

*1 orange, peeled, halved*

*16 fresh mint leaves*

*10 ice cubes*

*400ml organic cloudy apple juice*

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## Method

1. Place ingredients into blender jug and secure lid.



**GREEN SMOOTHIE / SMOOTHIE**

until program finishes.



Prep 10 minutes



Serves 1

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*1 small beetroot, peeled, cut into 2cm pieces*

*90g seedless red or green grapes*

*30g baby spinach*

*½ cm piece ginger*

*¼ lemon, peeled, quartered*

*¼ orange, peeled, quartered*

*8 fresh mint leaves*

*250ml organic cloudy apple juice*

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## Method

1. Place ingredients into personal blender cup and secure blade assembly.



**GREEN SMOOTHIE / SMOOTHIE**

until program finishes.