



Beetroot & Ginger Green Smoothie

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Prep 15 minutes



Makes 50oz (1.5L) / Serves 4

2 medium beetroot, peeled, cut into 1in pieces

2 ¼ cups (180g) seedless red or green grapes

2 cups (50g) baby spinach

1in piece ginger, roughly chopped

½ lemon, peeled, halved

1 orange, peeled, halved

16 fresh mint leaves

10 ice cubes

14 fl. oz. organic cloudy apple juice

Method

1. Place ingredients into blender jug and secure lid.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.



Prep 10 minutes



Serves 1

1 small beet, peeled, chopped

½ cup (80g) seedless red or green grapes

1 cup (25g) baby spinach leaves

¼-inch (.5cm) piece ginger

¼ lemon, peeled

¼ orange, peeled

4 fresh mint leaves

1 cup (240ml) organic cloudy apple juice

Method

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

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.