



Beetroot & Ginger Green Smoothie

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Prep 10 minutes



Makes 1.5L / Serves 4

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

Method

1. Place ingredients into blender jug and secure lid.

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



Prep 10 minutes



Serves 1

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

Method

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

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