



Cherry and beetroot smoothie

10'

Hands on

2

Portion(s)

1

Difficulty



Ingredients

- 100 g beetroot, boiled and skin removed
- 100 g cherries, pitted
- 250 g low fat milk or almond milk
- 1 tablespoon honey or maple syrup
- pinch of chili flakes (optional)
- ice

Διατροφικός πίνακας

Nutrition information per portion

147 Calories (kcal)	2.2 Total Fat (g)	1.3 Saturated Fat (g)	25.0 Total Carbs (g)
7%	3%	7%	10%
24.0 Sugars (g)	5.9 Protein (g)	2.0 Fibre (g)	0.26 Sodium (g)
27%	12%	8%	4%

Method

- In a blender, beat all of the ingredients until smooth. Serve.