



Ingredients 2 Portions

♦ = Kotányi Produkte

2	Beets, boiled
2	Apples
1	Carrot, large
1	Lemon
1	Lime
1 tsp.	♦ Organic Ginger, Ground

Beet Smoothie with Ginger

🕒 10–15 Min ❤️❤️❤️

Preparation

- 1 Cut the beets into quarters. Remove the core from the apples and cut them into quarters. Cut the carrot into large pieces.
- 2 Add the beets, apples and carrot together with the ground ginger to a juicer and juice.
- 3 Squeeze the lemon and lime and pour into the beet smoothie and enjoy.

