



# 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.

## Ingredients 2 Portions

♦ = Kotányi Produkte

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

