

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