

4-Ingredient Beetroot Smoothie

Servings: 2

Prep Time: 5min

Cook Time: 0



Ingredients

- 4 medium beetroots
- 125ml (1/2 cup) Greek yoghurt
- 1 knob ginger
- 125ml (1/2 cup) crushed ice

Directions

1. Peel and trim the beetroots, reserving the juice, and cut into quarters.
2. Peel and grate the ginger.
3. Place the beetroot and yoghurt into a blender and blitz until smooth.
4. Add the juice from the grated ginger and the crushed ice.
5. Pulse once and serve immediately.