



## BEETROOT BERRY SMOOTHIE BOWLS

### WHAT YOU NEED

- 1 cup (225g) chopped banana
- 1 cup (250g) frozen raspberries
- 2 cups (300g) frozen strawberries
- ¼ cup (38g) chopped and peeled beetroot
- 1 tsp. fresh ginger root peeled and diced
- 1 ½ cups (360ml) almond or cashew milk
- 1 (optional) scoop unflavored protein powder

### Topping:

- 1 cup (190g) freshly chopped berries

### WHAT YOU NEED TO DO

*Prepare the beetroot and ginger root by first washing and peeling, then chop and measure out.*

*Add the milk, banana, raspberries, strawberries, beetroot, and ginger into a blender. Blend on high setting until smooth.*

*Divide the mixture into two bowls and top each bowl with ½ cup of chopped fresh fruit of your choice. Serve immediately.*

*Tip: If you want a thicker smoothie, use frozen bananas.*



Serves: 2  
Prep: 5 mins  
Cook: 0 mins

