





PURPLE POWER SMOOTHIE (BREAKFAST)

 1 serving  10 minutes

INGREDIENTS

1 cup (150g) frozen berries
1 banana
1 medium beetroot cooked grated
1 scoop (25g) vanilla whey
100ml water
150ml unsweetened almond milk

DIRECTIONS

1. Gather all the ingredients and wash the fresh produce thoroughly.
2. Place all of the ingredients in a blender.
3. Blend the ingredients on high speed until the mixture becomes smooth and creamy. You may need to blend for about 1-2 minutes to ensure a well-mixed and smooth consistency.
4. If the smoothie is too thick, you can add more water or almond milk in small increments until you achieve your desired consistency.
5. Taste the smoothie and adjust sweetness or tartness if needed. You can add vanilla stevia or lemon juice according to your preference.