



"Antiox" Smoothie with Blueberries & Beetroot

🕒 Preparation time: 10 minutes

👤 Portions: 2

👉 Cooking time: 0 minutes

Total time: 10 minutes

Ingredients (serves 2)

- 100 g (3.5 oz) beetroot
- 1 ripe banana
- 60 g (2.1 oz) celery stalks (skip if you don't like celery)
- 7 g (0.24 oz) fresh ginger
- 150 g (5.29 oz) frozen blueberries (or 100 g fresh blueberries)
- Optional: 1-2 tsp. açai-powder
- 1 tbsp. chia seeds
- 1 tbsp. almond paste
- Optional: 1 tbsp. coconut syrup or date syrup
- 400 ml (1.6 cups) plantbased milk (such as oat milk or almond milk)
- Optional: 1 tsp. hulled hemp seeds

Instructions (7-10 minutes)

1. Wash your piece of beetroot (don't peel or cook it). Peel the banana. Wash the celery stalk(s) and cut off hard or very fibrous ends. Peel a small piece of ginger with a spoon.
2. Mix beetroot, banana, celery, ginger, frozen blueberries, açai powder, chia seeds, almond paste, some date syrup and plant milk in a high-speed blender until creamy. Pour the smoothie into two glasses, optionally sprinkle with peeled hemp seeds, garnish with blueberries and enjoy.