

# Fruit smoothie with beetroot, banana and blueberries

COOKING  
LOVERS 

## Raciones para 1

2  
Cooked beets  
1  
Banana  
1  
Orange  
100 g  
Blueberries  
150-200 ml  
Coconut water

- 1 Preparing a fruit smoothie is as simple as putting everything in a glass and crushing it until it has the desired texture.
- 2 Depending on the taste and texture you want, you can add more liquid once it is crushed.
- 3 One trick to keep your blender from getting saturated is to add the liquid first and then the chosen fruit or vegetables. This way you will get a perfect shake in a few minutes.
- 4 If you want to sweeten your fruit smoothie, add the sweetener you prefer: honey, sugar, stevia... Or enjoy the natural flavours of the chosen mixture.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/smoothie-de-frutas-con-remolacha-platano-y-arandanos/>

