

Fruit smoothie with beetroot, banana and blueberries

COOKING
LOVERS TEKA

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

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

