Fruit smoothie with beetroot, banana and blueberries

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/