

Beetroot Smoothie



*** Serves 2 ***

Ingredients:

- 500g Brookerpaks cooked beetroot, roughly diced
- ¼ banana, chopped
- Small handful of blueberries
- 4cm piece fresh ginger, grated
- 120ml apple juice not from concentrate
- 20ml homemade honey syrup*
- 1 cup of ice

*To make honey syrup combine equal amounts of honey and water (e.g. 150ml honey, 150ml water) into a saucepan. Simmer on a medium heat but do not bring to boil. Stir until honey has dissolved and leave to cool to room temperature. Store in a sealable bottle.

Instructions:

1. Prepare the beetroot, banana and ginger. Combine all ingredients into a blender, blitz until smooth and serve in a chilled glass.