



SMOOTHIE WITH CHERRIES AND BEETROOT

🔪 5 min ⌚ 5 min 🌿 easy 🍽️ 8 servings (200 ml each)

INGREDIENTS

125 g beetroot, raw, cut into quarters
 900 g cherries, pitted, (fresh or frozen)
 480 g almond milk
 30 g fresh lime juice
 20 g chia seeds
 15 g honey
 225 g ice-cubes (approx. 24 ice-cubes), for serving

PREPARATION

1. Place beetroot into mixing bowl and grind **10 sec/speed 10**.
2. Add cherries, almond milk, fresh lime juice, chia seeds and honey and grind **10 sec/speed 10**.
3. Serve immediately with ice-cubes or refrigerate.