



Berry beet

Grab your blender and begin the day with our Berry Beet recipe!

Ingredients:

1/2 cup (120ml) almond milk
1/2 cup (120ml) plain low-fat yogurt
1 tsp (5ml) honey
1 cup (140g) mixed frozen berries
1 cup (130g) freshly cooked beets
3 to 5 ice cubes

Directions:

Put all ingredients in a blender and blend until smooth.

Cheers!

