THE LIGHTER PLATE METHOD

Blueberry & Beetroot Smoothie

Deep magenta, faintly earthy and surprisingly creamy.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 150 g frozen blueberries
- 100 g cooked beetroot (not in vinegar)
- 150 g natural yoghurt
- 1 banana
- 200 ml oat milk
- 1 tbsp chia seeds

Method

1. Put everything in a blender, with the liquid at the bottom and the frozen fruit on top.
2. Blitz on high for 45 seconds, until completely smooth and no flecks of beetroot remain.
3. Check the thickness and add a splash more oat milk if it is too heavy to pour.
4. Pour into two glasses and drink straight away, while it is still cold.

Tips & swaps

- Vacuum-packed beetroot is fine and saves a lot of mess; just check the label says it is not stored in vinegar, which would make the whole thing sour.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
190	**8g**	**30g**	**5g**	**6g**

Estimated values, for guidance only. Contains: Milk.