



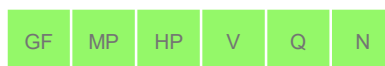
Purple Power Smoothie

Serves 1

- 1 cup (240ml) almond milk
- 1 cup (150g) frozen berries
- 1 banana
- 1 medium beetroot, cooked, grated
- 1 scoop (25g) vanilla whey

What you need to do

1. Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 5 mins | 0 mins | 322 | 3 | 53 | 24 |

*Nutrition per serving