



Beetroot smoothie \$

Serving: 1

Veg

Ingredients

- Orange 1
- Beetroot 1
- Fresh Mint leaves 10-12
- Basil leaves 2-3
- Water 1 glass
- salt and pepper to taste

Preparation Method

- Wash Mint leaves. Peel orange and beetroot Add them to a blender with 1 glass water and blend it until smooth (No pulp should remain)
- Pour it in a glass and add salt to taste, pinch of black pepper and a few basil leaves to drink.