

Beetroot, basil, banana and berry smoothie

Search:

- [Drink](#)
- [Recipes](#)

Beetroot, basil, banana and berry smoothie

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js =  
d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,  
fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true;  
po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```



Rate this recipe

1 person is cooking this [Count me in](#)

Beetroot can be eaten raw in salads, added to sandwiches, soups, dips or as a wonderful cleansing and detoxing ingredient in fresh cold-pressed juices.

Ingredients (Serves 1)

- ¼ cup fresh beetroot juice
- 6–8 large [strawberries](#)
- 1 handful fresh sweet [basil](#), washed
- 1 super-ripe [banana](#)
- 1 cup of oat milk

METHOD

Blend all ingredients until smooth and well combined.

NEXT: [Sweet pear smoothie \(vegan\)](#)

Recipe from Mel B, The Kind Cook.

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```