

Beetroot, basil, banana and berry smoothie

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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.

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Recipe from Mel B, The Kind Cook.

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