

Golden beetroot smoothie

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Golden beetroot smoothie

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Try this wholesome smoothie recipe from Mastic, George Calombaris' healthy eating cafe.

Ingredients (serves 1)

- 1 whole golden [beetroot](#), skin on (or 2 small)
- ½ [banana](#)
- 3 x 2cm chunks celery
- 1 date, pitted
- 1 x 2cm piece of ginger, skin on
- ¼ lemon, rind on
- 2 whole walnuts
- 400 ml chamomile tea, chilled, loose leaf
- 1 tsp Swisse Organic [Maca Powder](#)

Method

Choose a glass or jar that has a volume of 500ml

Brew 2 teaspoons of loose leaf chamomile tea in boiling water for five minutes, strain and chill for one hour or until cold.

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Thoroughly wash the beetroot, celery, ginger and lemon.

Chop all ingredients to a manageable size for your blender/smoothie maker.

Once the tea is chilled, add this, and the rest of the ingredients to a blender/smoothie machine.

Blend until smooth and pour into your glass or jar and enjoy.

Read more about Mastic on their [website](#)

NEXT: [Beetroot, basil, banana and berry smoothie](#)

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