

# Beetroot & Carrot Smoothie

This gorgeous beetroot smoothie is earthy and sweet at the same time. Beetroot is one of nature's best detoxifiers. It is restorative and cleanses the body from the inside out. Beetroots have been known to increase stamina which makes this smoothie ideal for breakfast or midday snack to boost energy levels.

## Ingredients

1 large beetroot	1 orange
1 carrot	2 tbsp flaxseeds
1 green apple, unpeeled	250 ml still water or coconut water
1 cm fresh ginger	
1 small lemon juiced	

## Instructions

Blend the beetroot, carrot, apple, ginger, lemon, orange, flax seeds and water until smooth. I personally like coconut water however that does change the taste slightly. Add more water for desired consistency.

Drink immediately or pour into an airtight container and refrigerate for up to 24 hours.

Optional : add zest from lemon and orange, additional antioxidant add blueberries.

## Nutritional Information

- Beetroot, learn to love them. It helps stabilise the body's pH (acid-alkaline balance). Important as bacteria thrives when the body's pH is disturbed.
- Carrots are rich in Vitamin A, full of antioxidants and help maintain a healthy heart.
- Apples aid the digestion processes it contains lots of enzymes which help break down food and speeds up metabolism. High in Vitamin C which promotes collagen formation.
- Ginger is a potent anti-inflammatory and also aids digestion.
- Lemon and oranges are rich in Vitamin C, which helps fight off illness.
- Flax seeds are high in omega 3 and a rich dietary source of phytoestrogens

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