

Recipe for Mango Beet Smoothie

Equipment Needed:

Blending Machine

Measuring Cup

Glass

To Make The Recipe:

1/2 cup beet kvass

1/2 cup carrot

1/2 cup cucumber

1/2 cup mango

1/2 cup spring water

Place all the ingredients in the blending machine and blend until smooth.

Tip 1: Add ¼ cup hemp seeds for added protein or your favourite protein powder (should be plain and unsweetened) Hemp seeds also contain both Omega 3 and 6 essential fatty acids

Tip 2: Another option is to add 2 tsp chia seeds for extra fibre and essential fatty acids. Chia seeds are high in Omega 3.