

Recipe Ingredients ...	Quantity:	Description:
Florette Beetroot 330g	120g	0.4x Per pack
Granny Smith Apples Class 1 Loose	150g	
Blueberries, frozen	50g	0.3x cup, unthawed
Ginger, fresh	2.5g	0.5x Average Portion
Turmeric, ground	0.6g	0.3x teaspoon
Flax Seed (milled or whole)	4g	1x teaspoon (whole)
Yogurt, whole milk, plain	125g	1x average pot
Water, tap, drinking	50g	0.1x litre

Ingredient List (QUID) ...

Granny Smith Apples Class 1 Loose (29.9%) [Apple], Yogurt (24.9%) (Milk), Florette Beetroot 330g (23.9%) [Beetroot], Blueberries (10%), Water (10%), Flaxseed (0.8%), Ginger (0.5%), Turmeric (0.12%)

Cooking Instructions & Notes

This smoothie is full of

- Beetroot - is packed with nutrients which are of benefit to liver function and blood pressure and can be of benefit before engaging in exercise as it has been shown to improve circulation during exercise
- Apples - contain vitamins B and C, pectin and many minerals such as magnesium and Phosphorous
- Blueberries - which are full of antioxidants and help protect the body from oxidative damage
- Flaxseeds - have an abundance of omega 3 fatty acids which is beneficial for brain function
- Yoghurt - Natural yoghurt is of benefit to gut health
- Ginger - contains essential oils which have anti inflammatory benefits
- Turmeric - has an abundance of a compound called curcumin and has many anti inflammatory benefits