



2

SERVES/MAKES



COOKING TIME:
Preparation Only



COOKING STYLE:
No Cooking Required

LANCEWOOD® BEETROOT & BERRY SMOOTHIE BY SOMIKAZI ZULU

INGREDIENTS:

2 medium beetroots, cooked, finely diced & frozen

250 ml mixed frozen berries

stalk celery, 10 cm piece

ginger, 1 cm piece

200 – 250 ml cold water

125 – 160 ml **LANCEWOOD® Double Cream Vanilla Yoghurt** or **Double Cream Mixed Berries Yoghurt**

Strawberries for garnish

METHOD:

Add the beetroot, berries, celery, ginger and water to a blender and blend until smooth. Add a bit more water if it is too thick. Add the yoghurt and blend.

To serve:

Fill two glasses and garnish with fresh strawberries.

Somikazi's inspiration for this recipe:

"My grandmother used to insist on us eating plenty of vegetables, so today I keep that tradition alive, but in different, more interesting ways, which is both healthy and delicious."

PRODUCTS USED:



Double Cream Plain Yoghurt



Double Cream Mixed Berries
Yoghurt

ENJOY!