

# Vegie-packed smoothie

Serves: 2

Prep time: 10 mins



## Ingredients

- 1 cup baby spinach
- 2 sticks celery
- 1 carrot, roughly chopped
- 1 small beetroot, peeled and roughly chopped (or use ½ large beetroot) (optional)
- 1cm piece ginger, grated (optional)
- 1½ cups iced water
- 1 banana
- 1 orange, peeled

## Methods

### Step 1:

Place the spinach, celery, carrot, beetroot (if using) and ginger (if using) in a blender with ½ cup of the water. Blend until smooth.

### Step 2:

Add the banana and orange along with the remaining water and blend again until smooth.

Serving suggestion: serve with ice.

For this recipe and more visit:  
[healthymadetasty.com.au](http://healthymadetasty.com.au)



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