

# PURPLE POWER SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
322 kcal  
3g Fats  
53g Carbs  
24g Protein



GF

MP

HP

V

Q

N

## WHAT YOU NEED

- 1 cup (240ml) almond milk
- 1 cup (150g) frozen berries
- 1 banana
- 1 medium beetroot, cooked, grated
- 1 scoop (25g) vanilla whey

## WHAT YOU NEED TO DO

*Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.*