

DRINKS

BEETROOT, APPLE AND RED CABBAGE SMOOTHIE

Ingredients (For 1 smoothie)

- 2 apples
- 150 g red cabbage
- 2 branches of celery with the leaves
- 150 g raw red beetroot
- Ice cubes

Preparation:

Remove the stems from the apples and quarter them.

Cut the red cabbage into small pieces.

Cut the celery into short segments.

Cut the beetroot into small pieces.

Reserve one apple quarter.

Place the apples, cabbage, celery and beetroot in a juicer to extract the juice.

For it into a glass with the ice cubes.

Decorate with apple strips.

