

## DRINKS

# BEETROOT SMOOTHIE

### Ingredients (For 1 smoothie )

- 2 small beetroots
- 10 cl yoghurt
- 1 tsp mustard grains

### Preparation:

Cut the ends off the beetroots.

Place the beetroots in a centrifugal juicer to extract the juice.

Reserve a few mustard grains.

Blend the rest of the ingredients in a blender.

For the mixture into a glass.

Sprinkle with mustard grains.

