

Breakfast Smoothie

A recipe from Katie O'Connell



Ingredients

250ml almond milk
1 tbsp frozen berries
½ beetroot
2 tbsp oats
2 tsp Lepicol powder
1 tbsp Greek yoghurt

Method

Chop your beetroot into small chunks.

Simply pop all your ingredients into a Nutribullet or blender and whizz together until at your desired consistency.