

PINK POWER SMOOTHIE



This recipe is from the **Oh She Glows** recipe blog

By Angela Liddon whose recipes inspire plant-based eating, most recipes are gluten-free and many are allergy-friendly.

Ingredients:

- 1 cup water or coconut water
- 1/2 medium avocado, pitted
- 2 celery stalks, roughly chopped
- 1 cup strawberries (frozen preferred), hulled if necessary
- 1 small/medium beetroot, ends trimmed and roughly chopped*
- 1 lemon, juiced (about 3 tablespoons or so)
- 1 tablespoon coconut oil
- 4 large ice cubes
- 1 apple, cored and roughly chopped (optional)

*Use a small to medium sized beetroot, anything larger and it might overpower the other flavours.

If your blender is not so powerful you can steam the beetroot before starting.

Method:

Add all ingredients into a high-speed blender and blend on high until smooth. Adjust sweetness if desired, adding an apple to taste if needed.

Beetroot – nitrate rich needed for blood cells to work properly, cleanses the liver, anti-inflammatory, source of iron

Avocado – helps lower blood pressure, lubricates joints, anti-inflammatory, loads of healthy fats, high in fibre

Strawberries – high in antioxidants, rich source of vitamin C, benefits digestion

Celery – nitrate rich needed for blood cells to work properly, acts as mild diuretic, promotes feeling of fullness, rich in B vitamins and fibre

Lemon – antibacterial properties, aids digestion, high in Vitamin C, detoxifies and alkalizes, mild diuretic

Virgin Coconut oil – fights viruses, fungi, and bacteria, metabolism booster, healthy MCT fats, increases good HDL cholesterol

Apple (optional) – helps balance blood sugar levels, helps lower cholesterol, aids digestion

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk

