

Beet, Berry & Cacao Smoothie

Serves 1

4 strawberries

¼ beetroot

1 tablespoon cashews

1 tablespoon chia seeds

½ tablespoon goji berries (optional)

1 tablespoon cacao powder

1 cup almond/coconut milk

½ cup water

Place all ingredients in a high speed blender and blend until smooth.

