



BLOOD BOOSTER SMOOTHIE

Jay
Halford

GLUTEN FREE > DAIRY FREE > VEGAN >

INGREDIENTS:

Recipe makes approximately 500ml

- 3 large carrots
- 2 apples
- 1/8 pineapple
- 1/2 a large beetroot
- 1/2 an avocado

METHOD:

Firstly, juice your:

Carrots
Apples
Pineapple
Beetroot

Then, transfer to your blender and blend with your avocado and some ice if you like to serve your juice cold.

Little Tip:

Always juice pineapple last, it can tend to clog up your juicer pretty fast.