



Strawberry & Beetroot Smoothie

3-4 strawberries

3/4 cup milk

1/2 frozen banana

1 TSP chia seeds

1 medium cooked beet

1 TBSP agave

2 TBSP greek yogurt

BLITZ TOGETHER AND ENJOY!

Top Tip - fruit and veggie smoothies are a great way to get extra vitamins into picky eaters - double this recipe to make enough for mummy too!

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