AMERICAN · BREAKFAST · DRINK

Apple, Carrot and Beetroot Smoothie with Ginger

10 min · Makes 2 × 1 large glass (400 ml) · 134 kcal a portion · Video 12:05 · Downshiftology

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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A whole fruit-and-vegetable smoothie with no added sugar: carrots, beetroot, apple and orange give about 6.5 g of fibre, nearly a day's vitamin A, about 40% of a day's vitamin C and a fifth of a day's folate a glass.

Diet notes: Low saturated fat (0 g, 0% of the energy); DASH-friendly (110 mg sodium a serve).

Ingredients

6 · MAKES 2 × 1 LARGE GLASS (400 ML)

- [ ] 3 **carrots**, roughly peeled, trimmed and cut into 5 cm chunks
- [ ] 1 medium **red beetroot**, roughly peeled and cut into chunks
- [ ] 1 **apple** (any kind), cored and sliced
- [ ] 1 large **orange**, juiced (about 90 ml juice)
- [ ] **fresh ginger**, a small chunk (about 5 cm), peeled
- [ ] 240 ml **cold water**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Roughly peel (or just scrub) 3 carrots and 1 medium beetroot, trim them and cut into 5 cm chunks. Core and slice 1 apple, and juice 1 large orange. 10:24
2. Pour the orange juice and 240 ml cold water into a high-powered blender, then add the apple, carrots, beetroot and a small peeled chunk of fresh ginger. 10:51
3. Blend on high for about 1 minute, using the tamper if needed, until the vegetables are completely broken down and smooth. 11:00
4. Pour into two glasses and drink straight away, or keep it in the fridge. For a thinner juice, strain it through a nut milk bag (you lose most of the fibre). 11:11

> **Tip** Peeling is optional: a rough peel or a good scrub is enough. It keeps in the fridge until later in the day; stir before drinking.

The method is a summary in our words — the video shows every step.

One portion, 1 large glass (400 ml), gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
134 kcal	2.3 g	32 g	6.5 g	0.6 g	110 mg
560 kJ	5% of a day	26 g net · 21 g sugars	23% of a day	0 g saturated	5% of a day
		12% of a day		1% of a day	

Energy from net carbs 87% · protein 8% · fat 5%

High in (20%+ of a day) Vitamin A 98% · Vitamin C 39% · Folate 20%

Source of (10–19%) Potassium 15% · Vitamin B6 14% · Vitamin K 13%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=jJx-f_VZK2c, published 13 September 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/apple-carrot-beetroot-smoothie