## Red velvet smoothie

200ml unsweetened almond milk 70g cooked beetroot 25g vanilla flavour whey or rice protein powder 70g frozen banana 1 heaped tbsp cocoa powder

## Serves 1

Per serving: 240 calories 4g fat 27g carbs 24g protein

Place the ingredients in a blender and blend well until smooth. Serve.

Consume immediately.