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# Beet It Smoothie Bowl

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 apple, juiced
- 1 beetroot, cooked and cooled
- Handful spinach
- 1/2 cup frozen berries
- 1 frozen banana
- 1 tbsp coconut manna (optional)

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Instructions:

1. Add juice to a blender with the beetroot, banana, spinach, and berries. Blend until smooth. Add more juice, coconut water milk if you want it more "liquidy".
2. Top with your favorite smoothie bowl toppings.