



RED BEET MASH/SMOOTHIE



QimiQ BENEFITS

- Acid stable and does not curdle
- Creamy consistency
- Contains all the valuable benefits of milk
- Binds with fluid - no separation of ingredients



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easy

INGREDIENTS FOR 4 PORTIONS

125 g	QimiQ Classic
180 g	Beetroot, cooked
150 ml	Orange juice, freshly squeezed
100 g	Natural yogurt
100 g	Celery
60 g	Cucumber(s)
80 g	Raspberries
pinch(es)	Salt
	Black pepper, freshly ground
	Caraway seeds, ground
1 dash of	White wine vinegar

METHOD

1. Blend the ingredients together until smooth.
2. Pour the mixture into glasses or cups and serve.