

Red Cabbage and Beetroot Smoothie

7 REGULAR

6 SOFT & BITE-SIZED

5 MINCED & MOIST

4 PUREED

3 LIQUIDISED

Recommendations on this site are for food modification only.
If you are level

4 EXTREMELY THICK

for drinks, this recipe is too thin and not recommended. Speak with your Speech and Language Therapist for further advice.



155Kcal
Per Serving

MAY CONTAIN



SULPHITES

This recipe serves 1

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (424g)
Energy	155kJ/37kcal	657kJ/155kcal
Fat	0g	0.8g
of which saturates	0g	0.1g
of which monounsaturates	0g	0g
of which polyunsaturates	0.1g	0.4g
Carbohydrate	7.2g	31g
of which sugars	6.7g	28g
of which polyols	0g	1.2g
of which starch	0g	0.7g
Protein	0.9g	3.7g
Salt	0.06g	0.24g
Folates (B ₉) Total	33.3ug (17%)	141ug
Vitamin C	17mg (21%)	72mg

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Source of Folates, Vitamin C.



Shopping List

- 60ml cranberry Juice
- 80g red cabbage
- ¼ tablespoon balsamic vinegar
- ½ dessert apple
- 100g cooked beetroot
- 8 ice cubes



Directions

1. Place all ingredients into a blender and run until smooth.
2. Serve immediately