

# 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.

[www.eatingwithdignity.org](http://www.eatingwithdignity.org)

# Red Cabbage and Beetroot Smoothie



## 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