

Beetroot Smoothie

Ingredients:

- 100gm beetroot
- 25 gm celery stalk /coriander
- 1 garlic clove
- ¼ inch ginger
- 2 tsp-soaked chia seeds
- Lemon juice to squeeze from top
- Salt and pepper to taste

Method:

1. Add beetroot, celery stalk/coriander, garlic and ginger to the mixture blender with water.
2. Transfer this blended mix to a glass.
3. Add soaked chia seeds to this, squeeze lemon on top and add salt, pepper to taste.
4. Sip and relish.

Variations:

1. The antioxidants present in beetroot may help improve immunity and protect against infections during pregnancy.
2. It contains trace amounts of betalain, which acts as a potent anti-inflammatory agent.
3. Chia seeds are rich in iron, calcium and fibre.
4. Chia seeds is a good source of omega 3, which is an extremely important nutrient during pregnancy as it promotes the development of organs (including the brain) and cells of the foetus.
5. In case you are allergic to lemons, you can add amla juice.
6. Beetroots also help boost haemoglobin and iron levels and can also help hypertension associated with pregnancy.
7. Please discuss with your healthcare expert before trying any new food during pregnancy.

