FOOD & COOKING
WITH CHEF ROSS

Vegetables and Fruit Smoothie



Preparation: 15 minutes | Cooking: None | Makes: 2 glasses

What you need

Ingredients



- 200 ml water or coconut water
- 1 teaspoon apple cider vinegar
- 1 celery stalk
- 2 kale leaves
- 1 carrot
- ½ large beetroot
- 1 apple

Equipment



- Chopping board and knife
- Blender suitable for hard raw vegetables
- Measuring jug and spoon
- 2 glasses

Let’s make it



1. Prepare

Wash the vegetables and apple.

Remove the tough kale stems, remove the apple core and prepare the beetroot.

Cut everything into pieces suitable for your blender.

Vegetables and Fruit Smoothie



2. Add liquid

Pour the water or coconut water and apple cider vinegar into the blender.

Add the vegetables and apple.



3. Blend carefully

Put the lid on.

Blend until smooth.

Add a little more water if needed.

Switch off and unplug before scraping around the blades.



4. Serve

Pour into two glasses.

Serve promptly.

Serving and storage

- Best consumed soon after making.
- Follow the blender manual and any coconut-water label instructions.
- Keep ingredients safely refrigerated before use.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.