



BEET THE BLUES

Eat well • Live better

BEETROOT AND GINGER DETOX JUICE

Serves 4

INGREDIENTS

500g	Cooked beetroot
1	Large granny smith apples
10ml	Lime juice
400ml	Apple juice
80g	Fresh ginger

METHOD

1. Cut the cooked beetroot in to rough dice and place in a blender.
2. Cut the large apples in to quarters and remove the seeds, but leave skin on.
3. Place apple quarters, lime juice and apple juice in the blender.
4. Peel the fresh ginger and chop into small pieces, place in the blender.
5. Put the lid on and blend until smooth and not pieces left.
6. Check to see the consistency, adjust with a little splash of water if needed.
7. Pour in to a slim glass and enjoy the detox.

