



Apple Beetroot juice

Serving: 1

Veg

Ingredients

- -1 apple
- -1 large beet
- -1 one-inch piece of ginger
- -Ice 3-4 cubes

Preparation Method

- -Blend the beetroot and ginger (Strain it) .
- -Cut the apples into quarters, remove the cores, and peel the apples. Throw the quarters into the juicer, and mix the apple juice in with the beet and ginger juice. Add a bit of ice to make the juice cold, and enjoy!