



An Energizing Juice

Serving: 1

Veg

Ingredients

- 1/2 medium beet (beetroot)
- 1 cup (150 g) blueberries /berries (your choice)
- 1 cucumber
- 1 handful of spinach

Preparation Method

- 1. Wash all produce well.
- 2. Peel the beet.
- 3. Juice spinach Grind it first then add berries, cucumber and lastly beet.
- 4. Enjoy!