



Vitamin booster juice

Serving: 1

Veg

Ingredients

- -1 large beetroot
- -1 large orange
- -1 medium carrot
- -Ice 4-5

Preparation Method

- -Run the beetroot and the carrots through the juicer, extracting the liquid goodness into your cup.
- -Cut the oranges in half, and use an orange squeezer to extract the juice. Drop in a few cubes of ice, and stir!