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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!