

Skin Glow Juice Recipe

Ingredients (1-2 servings):

- Spinach (Cheera) - 1 handful, washed
- Carrot - 1 small, peeled and chopped
- Beetroot - $\frac{1}{2}$ small, peeled and chopped
- Cucumber - $\frac{1}{2}$ medium, peeled if waxy
- Lemon - juice of $\frac{1}{2}$ lemon
- Ginger - $\frac{1}{2}$ inch piece, peeled
- Water - $\frac{1}{2}$ cup (or as needed)

Instructions:

1. Add spinach, beetroot, carrot, cucumber, and ginger to a blender.
2. Pour in $\frac{1}{2}$ cup water (add more if needed for consistency).
3. Blend until smooth.
4. Strain using a fine sieve or drink it thick as a smoothie.
5. Add fresh lemon juice and stir well.
6. Drink immediately, preferably on an empty stomach in the morning.

Pro Tips:

- Don't store for more than 24-48 hours, and always refrigerate if you must.
- Use glass bottles for safe storage.
- Drink 2-4 times a week for best skin results.
- Want extra flavor? Add a few mint leaves or a slice of green apple.

Caution:

- Avoid daily use if you have kidney stones, low blood pressure, or thyroid issues.
- Too much carrot may turn your skin slightly orange (harmless and reversible).
- Always wash ingredients thoroughly before blending.