

G O O P



## DETOX

### Beet, Carrot, Apple and Ginger Juice

#### ingredients

- 1 large or 2 medium beets, cut into wedges
- 1/2 lemon, zest and pith removed
- 2 large carrots
- 1 large apple, cut into wedges
- 1" piece of ginger

#### preparation

Juice everything into a glass, give it a stir and enjoy.