

4 Healthy Juices For Glowing Skin & Hair Growth

This recipe was downloaded from getrex.co.nz. Download the REX app today to extract, organize and manage your recipes.



Prep: 5 Cook: 0 Rest: 0 Servings: 1

Ingredients

- ½ ea ▶ Tomato
- ¼ cup ▶ Cucumber
- 200 ml ▶ Milk
- ½ tsp ▶ Crushed Pepper
- 8 ea ▶ Mint Leaves
- ¼ cup ▶ Carrot
- ½ ea ▶ Lemon
- 1 inch ▶ Ginger
- ¼ tsp ▶ Turmeric Powder
- 1 tsp ▶ Honey
- ¼ inch ▶ Ginger
- ½ ea ▶ Chaat Masala
- ¼ cup ▶ Beetroot
- 1 ea ▶ Orange
- ¼ tsp ▶ Lemon Juice
- ½ inch ▶ Ginger
- 1 tbs ▶ Lemon Juice
- 2 ea ▶ Cucumber
- tsp ▶ Ground Pepper

- 1 pinch ▶ Himalayan Pink Salt

Instructions

1. Juice Preparation

Wash and prepare all ingredients. Combine ingredients for each recipe in a juicer and blend until smooth. Drink immediately for optimal freshness.

Source: https://youtu.be/j6_g5apdKLY