

Youthful Rejuvenating Skin Glow Drink

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Prep: 15 Cook: 0 Rest: 0 Servings: 1

Ingredients

- 1 tbs ▸ Aloe vera gel (optional)
- 3 ▸ Sweet oranges
- ▸ Water
- 1 ▸ Cucumber (optional)
- 1 ▸ Apple
- 3 ▸ Carrots
- 1 ▸ Raw beets (optional)
- 1 tbs ▸ Chia seeds (optional)
- 1 ▸ Ginger
- 1 tsp ▸ Turmeric powder
- 1 tsp ▸ Clove powder (optional)

Instructions

1. Blend Afternoon Juice

Blend 1 large apple, 1 large raw beet, 1 cucumber, 1 thumb-sized grated ginger, and 1 cup of water in a blender until smooth.

2. Prepare Chia Seeds (if using)

Soak 1 tablespoon of chia seeds in water for 15 minutes.

3. Blend Night Juice

Combine 1 large cucumber, 2 large sweet oranges (juiced), 1 apple, 1 thumb-sized grated ginger, 1/8 teaspoon clove powder (optional), and 1/2 cup of water in a blender. Blend until smooth.

4. Blend Morning Juice

Combine soaked chia seeds (or aloe vera gel), 1 apple (unpeeled), 3 sweet oranges (juiced), 1 thumb-sized ginger, 3 grated carrots, 1 teaspoon turmeric powder, and water in a blender. Blend until smooth.

Source: <https://youtu.be/G-kij1Pcu3k>