

Beet Juice (Servings 2)

Ingredients:

- 2 Tbsp. peeled and chopped fresh ginger
- 1 medium beet, scrubbed & chopped
- 4 medium carrots, scrubbed & sliced
- 1 medium apple, cored & cubed
- 1 cup water

Directions:

1. In a blender, combine ginger, beet, carrots, apple, and water... and blend!
 2. Strain juice if desired.
 3. Enjoy!!
- (Refrigerate for up to 2 days.)

