

Beet Juice Benefits: Unlock the Secrets of This Nutritional Superstar

What Makes Beet Juice So Healthy?



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INGREDIENTS

- 2 medium beets (peeled and chopped)
- 1 apple (cored and chopped)
- 1 carrot (peeled and chopped)
- 1/2 lemon (juiced)
- 1-inch piece of ginger (optional)

Instructions:

Add all ingredients to a juicer and process until smooth.

Pour into a glass and enjoy immediately for the best flavor and nutrients!

Nutritional Information (per 8 oz serving):

Calories: 90 kcal

Protein: 2g

Carbohydrates: 22g

Fat: 0g

Fiber: 3g

Sugar: 15g

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9. Beet juice is a simple yet powerful way to enhance your health and well-being. From boosting your energy to improving heart and brain health, its benefits are truly remarkable. Try incorporating beet juice into your routine today and discover more tips and recipes on Chef Maniac!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/beet-juice-benefits-unlock-the-secrets-of-this-nutritional-superstar/>