

Beetroot and Carrot Juice - A Refreshing Immunity-Boosting Drink

Beetroot and Carrot Juice: A Colorful Glass of Health



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INGREDIENTS

- 2 medium beetroots, peeled and chopped
- 3 large carrots, peeled and chopped
- 1 apple, cored and chopped
- 1-inch piece fresh ginger, peeled
- 1 lemon, peeled

DIRECTIONS

- 1.** Prep the Produce: Peel and chop your beets, carrots, and apple into chunks small enough for your juicer. Peel the ginger and lemon as well.
- 2.** Juice It: Add all the ingredients to your juicer. Juice until smooth and vibrant in color.
- 3.** Note: If you don't have a juicer, you can use a high-powered blender and strain the mixture through a fine mesh sieve or cheesecloth for a smoother finish.
- 4.** Serve Fresh: Pour into a glass and serve immediately for the most nutrients and best flavor.

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