

Vibrant Watermelon Cherry Berry Beet Juice: Healthy & Refreshing

Watermelon Cherry Berry Beet Juice



TIME
1-2 min

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INGREDIENTS

2 cups watermelon, diced (seedless recommended)
1 cup cherries, pitted (fresh or frozen)
1 cup mixed berries (strawberries, blueberries, raspberries - fresh or frozen)
1 small beet, peeled and diced
1 tablespoon lemon juice (freshly squeezed recommended)
1-2 tablespoons maple syrup (optional, to taste)

DIRECTIONS

1. Let's get this delicious : Watermelon Cherry Berry Beet Juice blended!
2. Prepare : Ingredients: Ensure all fruits are washed, and the cherries are pitted. Peel and dice the beet into small, blender-friendly pieces.
3. Combine in : Blender: In a high-speed blender, combine the 2 cups diced watermelon, 1 cup pitted cherries, 1 cup mixed berries, 1 small peeled and diced beet, 1 tablespoon lemon juice, and 1-2 tablespoons maple syrup (if using, start with 1 tablespoon and add more later if needed).
4. Blend : Until Smooth: Secure the lid and blend on high speed until the mixture is completely smooth. This may take 1-2 minutes, depending on your blender. Scrape down the sides if necessary to ensure everything is incorporated.
5. Strain (Optional): If you desire a smoother, pulp-free juice, place a fine-mesh sieve over a large pitcher or bowl. Pour the blended mixture through the sieve, using the back of a spoon to press down on the pulp to extract as much juice as possible. Discard the remaining pulp.
6. Serve & : Store: Serve the juice chilled over ice. If not serving immediately, store it in an airtight container (like a glass bottle or jar) in the refrigerator for up to 3 days.

SWAPS & NOTES

Watermelon: Use ripe, seedless watermelon for the best flavor

and ease of blending.

Cherries & Mixed Berries: Fresh berries offer vibrant flavor.

If using frozen, there's no need to thaw them beforehand; they'll

help chill the juice.

Beet: A small beet is enough for flavor and color without overpowering the fruit.

TIPS FOR SUCCESS

High-Powered Blender: A good quality, high-speed blender will make the blending process easier and result in a smoother juice with less pulp.

Adjust Sweetness: Taste the juice after blending.

The sweetness will vary depending on the ripeness of your fruit.

Add Liquid if Needed: If your blender struggles, you can add a tiny splash of water (1-2 tablespoons) to help it blend, but typically the watermelon provides enough liquid.

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