

Watermelon Cherry Berry Beet Juice: A Vibrant & Nutritious Elixir

Here's what you'll need to create this vibrant and nutritious juice:



TIME
1-2 min

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INGREDIENTS

2 cups watermelon, diced (seedless preferred)
1 cup fresh or frozen cherries, pitted
1 cup mixed berries (a combination of fresh or frozen strawberries, blueberries, and raspberries works wonderfully)
1 small beet, peeled and diced
1 tablespoon fresh lemon juice
1-2 tablespoons pure maple syrup (optional, adjust to taste based on fruit sweetness)

DIRECTIONS

1. Prepare : Ingredients:
2. Ensure all fruits and the beet are thoroughly washed.
3. Dice the 2 cups of watermelon into manageable chunks. Remove any seeds if not using a seedless variety.
4. Pit the 1 cup of cherries. If using fresh, a cherry pitter makes this quick.
5. If using fresh berries, hull and chop the strawberries.
6. Peel the small beet and dice it into small pieces to help with blending.
7. Combine in : Blender:
8. In a high-speed blender, combine the diced watermelon, pitted cherries, mixed berries, diced beet, and 1 tablespoon of fresh lemon juice.
9. If you desire a sweeter juice, add 1 to 2 tablespoons of pure maple syrup now. You can always add more later if needed.
10. Blend : Until Smooth:
11. Secure the lid on your blender and blend on high speed until the mixture is completely smooth and liquid. This may take 1-2 minutes, depending on your blender's power. Ensure no large chunks of fruit or beet remain.
12. Strain (Optional, for Smoother Texture):
13. If you prefer a perfectly smooth, pulp-free juice, place a fine-mesh sieve over a large bowl or pitcher.
14. Pour the blended juice through the sieve, using the back of a spoon or a rubber spatula to press down on the pulp, extracting as much liquid as possible. Discard the remaining pulp.
15. Serve and : Store:

16. Taste the juice and adjust sweetness with more maple syrup or tartness with more lemon juice, if desired.
17. Serve chilled over ice immediately for the most refreshing experience.
18. Any leftover juice can be stored in an airtight container or jar in the refrigerator for up to 3 days. Shake well before serving if it separates slightly.

SWAPS & NOTES

Watermelon: Fresh, ripe watermelon is key for sweetness and liquid content.

Seedless varieties make preparation easier.

Cherries: Both fresh pitted cherries (sweet or tart) and frozen pitted cherries work well.

If using frozen, your juice will be thicker and colder, possibly requiring less ice.

TIPS FOR SUCCESS

Use a High-Powered Blender: A good quality blender will ensure a super smooth juice, minimizing the need for straining.

Ripe Fruit is Key: The sweetness of your juice will largely depend on the ripeness of your fruit, especially the watermelon and berries.

Adjust Sweetness: Always taste the juice before adding sweetener.

Nature's sweetness from the fruit might be enough!

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

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