

Beetroot Juice with Carrots

Ingredients:

- 2 small or 1 large beetroot (with greens if possible) – scrubbed and halved
- 3 thin or 2 regular carrots (with greens if possible) – scrubbed
- 1 large apple – washed and quartered
- 1 piece of ginger (adjust to taste) – scrubbed
- 1 small cucumber – scrubbed (peel if waxed)

Instructions:

1. Scrub all the vegetables and fruits thoroughly, especially if using the skins.
2. Cut the beetroot, carrots, apple, ginger, and cucumber into chunks suitable for your juicer.
3. Place all the ingredients in the juicer and juice until smooth.
4. Pour the juice into a glass, stir well, and enjoy!

Nutritional Breakdown (per serving, approx. 12 oz):

- **Calories:** 150 kcal
- **Protein:** 3 g
- **Carbohydrates:** 38 g
 - Sugars: 28 g
 - Fiber: 6 g
- **Fat:** 0.4 g
- **Sodium:** 80 mg
- **Vitamin A:** 16,000 IU (320% of the Daily Value)
- **Vitamin C:** 25 mg (42% of the Daily Value)
- **Potassium:** 900 mg (25% of the Daily Value)
- **Iron:** 2.5 mg (14% of the Daily Value)