



# Beetroot juice

5'

Hands on

4

Portion(s)

1

Difficulty



## Ingredients

- 2 red apples
- 3 carrots
- 40 g fresh ginger, peeled
- 200 g beets, boiled
- 1 teaspoon turmeric
- pepper
- juice from 2 oranges
- ice, to serve

## Διατροφικός πίνακας

Nutrition information per portion

137 Calories (kcal)	0.8 Total Fat (g)	0.2 Saturated Fat (g)	27.0 Total Carbs (g)
7%	1%	1%	10%
24.0 Sugars (g)	2.6 Protein (g)	4.6 Fibre (g)	0.16 Sodium (g)
27%	5%	18%	3%

## Method

- **Cut** the apples into 4 pieces and remove the seeds.
- Peel the carrots and cut them into irregular pieces.
- In a blender, add the apples, carrots, ginger, beets, turmeric, pepper, and orange juice.
- Seal the blender and beat at high speed for 2-3 minutes, until all of the ingredients are dissolved. If needed, add a little more juice.
- Serve with ice.