

# BEET JUICE WITH CARROT, CELERY & GINGER



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Photos: Luís da Cruz  
Pure Restaurant



Easy

## INGREDIENTS

- 1 small beetroot (the smaller the sweeter!)
- 2 large carrots
- 1 stalk of celery
- ½ inch root ginger
- ¼ cucumber

## METHOD

Wash all the vegetables and remove the carrot and beetroot tops • Peel the beetroot skin if it's tough • Peel the ginger • Slice all the vegetables to fit your juicer • Juice and serve • (for a sweeter drink add an apple)