

# LIVER CLEANSING AND HYDRATING BEETROOT JUICE RECIPE

### **INGREDIENTS:**

SERVES 1/2 PEOPLE:

- 11/2 apples
- 2 1/2 beets
- 1/3 lemon
- 1 inch raw ginger
- 1/4 cup coconut water

## **HOW TO PREPARE:**

#### STEP 1:

Gently wash beets and apples, making sure to remove any dirt from the beets.

#### STEP 2:

Juice the gingerroot first, followed by the beets and then the apples.

#### STEP 3:

After juicing, mix in fresh juice from the lemon and coconut water. You may juice the lemon but removing the rind beforehand will eliminate the tart rind taste.

#### STEP 4:

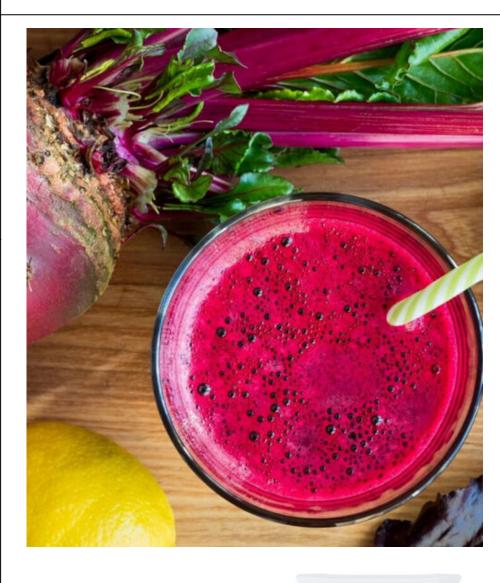
Pour in glasses (add ice if preferred)

#### STEP 5:

Drink up!

#### STEP 6:

It's best to consume fresh beet juice within the day, but if stored in the refrigerator, this juice will last 2-3 days.



# How To Use:

Take 1 capsule, 1 to 3 times per day or as required.

YOU CAN ALSO TRY OUR LIVER CLEANSE FOR SIMILAR IF NOT BETTER RESULTS!

