

Detox Beet, Ginger & Carrot Elixir

Makes: 1 serving

Total Time: 10 minutes

Ingredients

1 large beet, peeled and quartered

1 apple, quartered

1 inch fresh ginger, peeled

3 whole carrots, peeled

½ lemon, seeds and pith removed

Directions

Place all ingredients in juicer and juice into a glass. Drink immediately to get the maximum benefit from the fresh ingredients.