


*Mum in a Rush:
Fitness
~it's never too late~*


Beetroot Juice with a twist

Ingredients

- 1 medium fresh beetroot
- 1 large orange
- 2 carrots (medium)



 Prep.: 10 Min

 Make: 3 Min



Health
Level



Method

1. Peel beetroot (careful with your clothes, it stains), orange, carrots
2. I tend to cut beetroot, carrots and oranges into chunks
3. Put into blender
4. Add 800ml - 1L of water
5. Blend (I usually go up to the highest speed)
6. Ready to drink with bits, I love the bits
7. Optional: if you don't like bits, use a colander to drain