

TODAY'S FRESHLY SQUEEZED JUICE SUGGESTION



CARROT, BEETROOT & APPLE

To make yourself a glass, juice the following:

- Carrot (large size) - 2 - remove root.
- Beetroot (medium size) - ½ - remove root and peel.
- Apple (large size) - 1 - cut in quarters and remove core.

Juice Nutrition Facts:

- Carrots are good source of beta carotene, vitamin K1 and potassium, found to help lower cholesterol levels.
- Beetroot has been associated with numerous health benefits, including improved blood flow and blood pressure.
- Apples are good sources of vitamins C and A plus potassium. They also have high levels of antioxidants which assist in lowering the risk of cancer, diabetes and heart disease.