



TODAY'S JUICE

CARROT, BEETROOT & APPLE

TO MAKE YOURSELF A GLASS, JUICE THE FOLLOWING:

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

NUTRITION FACTS

Carrots are a 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. inflammatory properties.

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.