

Beet juice for liver cleanse

Original Recipe from juicing-for-health.com

INGREDIENTS

- 1 medium sized beetroot (lightly steamed or raw)
- ½ Cucumber
- 2 apples
- ½ Lemon (I use a whole lemon)
- 1 thumb size ginger root

Method

Juice each one of the ingredients with your juicer, add ice and enjoy!

If you do not have a juicer

- Use ½ Beetroot
- Juice of 1 lemon, or orange juice
- Thumb size ginger
- 1 glass of water, or enough to cover the fresh ingredients
- Handful of watercress



Blend in a Nutribullet or other blender until smooth, add ice, blend again and enjoy.