



Clean Eating

IMMUNE BOOSTING BEETROOT JUICE

INGREDIENTS

- 1 apple
- 1 medium carrot
- 3cm cube ginger
- 1 medium beetroot
- handful of fresh mint
- slice of lemon, to serve (optional)

DIRECTIONS

- Place all ingredients through the juicer and serve immediately.

NOTES

This juice will help to boost your immune system and fight inflammation! Beets and lemons are packed with vitamin C. Increasing your vitamin C intake is one of the easiest ways to boost your immune system!

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