







Garden Glow Juice



Ingredients:

- 2 medium carrots (freshly picked, if possible) 
- 1 apple (any variety you love) 
- ½ beetroot 
- A thumb-sized piece of ginger 
- **Juice of ½ lemon** 

Method:

1. Wash and peel the carrots, apple, and beetroot.
2. Chop everything into smaller pieces for easy blending or juicing.
3. Feed the ingredients into your juicer or blend them in a high-powered blender.
4. If using a blender, strain the juice through a fine mesh sieve or nut milk bag.
5. Squeeze in the lemon juice, give it a good stir, and serve immediately over ice if desired. 

The result? A vibrant, nutrient-rich juice that's as beautiful as it is delicious! 