



Beets Blend

Serves: serves 4 Active Time: 10 minutes Total Time: 10 minute

Ingredients

4 thumb size fresh beets
6 tbsp lemon juice
1 cup fresh pineapple, sliced
½ tsp ginger, grated
1 liter water
natural sweetener as desired
ice cubes (optional)

Directions

1. Place all ingredients in a blender.
2. Serve immediately with ice cubes (optional).

