

Recipe

Beetroot Juice

By

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Ingredients

- Beetroots - 2 small
- Oranges - 3
- Ginger - a piece
- Ice cubes - 3-4

Preparation

1. Peel beetroots, oranges, and ginger.
2. Then cut them into pieces.
3. Mix all the ingredients in a juicer pot and grind them into a smooth puree.
4. Pour it into glasses, and add ice cubes, stir and serve chilled.

Serves

3-4 Persons

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**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**