

Recipe

Unbeetable Beet Juice

By

Anand Lila devi dasi



Ingredients

- 2 beetroots
- 2 carrots
- 1 cucumber
- 6-7 fresh mint leaves
- $\frac{3}{4}$ Tsp lemon juice

Preparation

1. Peel the vegetables and cut them into chunks.
2. Pass all the vegetables and the mint through the juicer.
3. Collect the juice in a serving glass and discard the residue.
4. Serve with a dash of lemon juice.

Yield

10 oz

For further details please contact

anandliladd@gmail.com

www.iskcondesiretree.com

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Hare Rama Hare Rama Rama Rama Hare Hare**