

# APPLE CARROT *Ginger Juice*

NO JUICER NEEDED!

**\$2.00**

*per serving*

**30** MINUTES  
OR LESS

**4 INGREDIENTS**

*Buy Local!*

- 1 beet**, rinsed, lightly peeled and quartered
- 1 apple**, peeled, cored and quartered
- 1 Tbsp size piece of fresh ginger (skin removed)
- 3 whole carrots**, rinsed and peeled
- unfiltered apple juice (optional)



\*highlighted ingredients can be bought at the market!



**URBANA'S  
MARKET AT  
THE SQUARE**

Watch us cook each recipe  
LIVE every Thursday at  
4:00pm on CiLiving!  
Tune in on Channel 3



## HOW TO: APPLE CARROT BEET GINGER JUICE

1. Place all ingredients in a blender and blend until smooth, adding a splash of apple juice if needed to get it moving. (1/4 cup)
2. Then, place a fine mesh strainer over a large bowl and pour the juice over. Use a rubber spatula to press the pulp down and squeeze all of the juice out. Let stand for 5 minutes so you get most of the juice.
3. Discard pulp and pour your juice into a serving glass. Drink immediately or chill for a bit. Will keep in the fridge for a day or so, but will taste best when fresh.

### *why is it healthy?*

#### APPLE

Apples are full of fiber! This helps reduce risk of diabetes, reduce cholesterol, detox the liver, control weight, and boost immunity! And they whiten teeth!

#### BEET

Beets are great for detoxing the body! They help cleanse the liver, purify blood, and prevent cancer. They also contain betaine which has been used to treat depression.

#### GINGER

Ginger is great for smoothing upset stomachs, nausea, reducing pain and muscle soreness, and a fantastic anti-inflammatory.

This recipe is from **Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/juice-without-a-juicer-apple-carrot-beet-ginger-juice/>

FAST • HEALTHY • AFFORDABLE • SIMPLE

Design by Creative Health  
[eatcreative.org](http://eatcreative.org)

