



Beetroot Carrot Ginger Juice

Serves 2

Ingredients :

- 5 large carrots, unpeeled, roughly chopped
- 160g beetroot, trimmed, unpeeled, quartered
- 3cm piece fresh ginger
- Selati sweetener or Selati white sugar, to taste

Methods :

Place a jug under juice extractor nozzle. Juice carrot, beetroot and ginger. Stir to combine. Pour into chilled glasses, sweeten to taste. Serve.