

LIVER TONIC JUICE



This recipe is from Health Ambition and Superfood Profiles

Submitted by Jim Dillan, health and wellness researcher, writing about natural nutrition, improving your physical and mental well-being and moving to a healthier lifestyle.

Ingredients:

- 1 large or 2 medium beetroots, scrubbed and trimmed
- 1 large or 2 small apples, sliced to fit the juicer
- 3 large or 4 medium carrots, scrubbed and trimmed
- The juice of a fresh lemon or lime
- Optional: An inch-long piece of ginger

This juice is a good source of both vitamins C and K. It also contains Beta-carotene, which is converted to vitamin A in the body, good for skin and night vision.

This liver tonic is a simple and effective way to help cleanse your liver and increase the rate that you process toxins out of your body.

Method:

Wash and scrub the ingredients then turn on your juicer and start with the beetroots. Next juice the carrots and ginger if you're using it, followed by the apples last.

Be sure to drink your juice as soon as possible after it's made for the most nutritious bang.

Beetroot juice is very potent, and it's recommended that you drink it diluted at least 4 times to other milder juices.

Ingredients are available in store. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk

