



Three Root Booster

This three root vegetable juice will help your immune system and decrease inflammatory symptoms

This juice is slightly sweet and perfectly balanced, with some serious kick from the ginger.

Besides being delicious, this juice is also incredibly healthy with Vitamins A, K and beta carotene from the carrots, vitamin C and polyphenols from the apples, antioxidants and folate from the beets, and anti-inflammatory benefits from the ginger (among others).

Ingredients

- 1 medium sized beetroot
- 1 tbsp size piece of ginger (this can optional if you do not like ginger or you can even reduce the amount of ginger)
- 3 carrots
- 1 apple

Optional

- You can add a little bit of apple juice if you wish to
- Add other superfoods like chia seeds or wheat germ

To make the juice

- Take away the stalks and leaves of the beetroot and carrots.
- Wash all your ingredients well
- Blitz them in your juicer or blender
- If you prefer a smooth juice, then strain the pulp with a strainer, but if you don't mind the small bits then it's better to leave the juice as is.
- Pour out into a glass of your choice and enjoy!