

Red Zinger

Author: Shelly Black
Prep time: 10 minutes
Cook time: N/A
Yield: 2 servings

Ingredients:

- 4 whole apples
- 4 large carrots
- 2 medium beets
- 1 inch piece of fresh ginger
- Juice from one lemon



Directions:

- Roughly chop the apple, carrots, beets and ginger into pieces small enough to run through your juicer. When juice is extracted, stir in the juice from one lemon. Occasionally, depending on my tastes, I will add some filtered water to the recipe afterward. Some days I can't handle super sweet flavors and prefer something a little more muted. Do what works for you. My husband has a sweet tooth and likes it as is.
- Ginger is a digestive aid and is also beneficial for combating nausea. It can be a little spicy for some people so if you are not sure if you'll like it, just cut back on how much you add.
- Warning: if you aren't used to eating beets on a regular basis, you may find that your pee and/or poop turn a lovely pinkish or reddish hue. Try not to panic. :)