

'Rainbow' juice

*This is another of my favourite creations – so jam packed with nutrients!
It contains a great mix of veg (rainbow of colours) so you can be sure you
are getting a wide range of vitamins and minerals.*

Equipment:

Juicer

Ingredients:

- 1 beetroot
- 2 apples
- 2 carrots
- 1 cucumber
- 1 stick celery
- 1 inch broccoli stem
- Handful of sprouts
- Slice of lemon
- Small piece of tumeric
- Small piece of ginger



***Top Tips:** You can always substitute other veg if you don't have all of the above ingredients. Start out with small pieces of tumeric and ginger as they add a strong taste – you can always add more but can't take it away!*

Method:

1. Juice all the ingredients
2. Stir well
3. Pour and enjoy :)

***Top Tip:** Its best to start and end your juicing with your hard fruits or veg, so in this case start your juicing with one apple and finish with the other.*