

ABC Juice

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

For the best results, use fresh organic fruits and vegetables whenever possible.

Step 1: Preparing the Juice

- 3 apples
- 3 beets
- 3 carrots
- 1 lemon (or to taste)

This recipe makes enough for two 10-ounce servings.

To prepare the juice, wash all of the ingredients. Remove the stems from the apples. Cut the ends off of the beets and carrots, if needed. If the ingredients will fit through your juicer whole, then there is no need to cut them up. If not, then cut just small enough so that they fit.

For the lemon, you can either peel it or not, depending on how tart you want the juice to be. You can also start with just half a lemon at first and see how you like it.

Put all of the ingredients through a juicer. Serve immediately.