

Rejuvenate 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

- 2 large carrots
- 2 apples
- 2 beets
- 6 collard green leaves

This recipe makes enough for two 10-ounce servings.

To prepare the juice, wash all of the ingredients. Cut the ends off of the beets and cut smaller, if needed. If they will fit through your juicer, then there is no need to cut them smaller.

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