

# Red Carrot Cleanser

This juice is very cleansing and powerful. The beets are high in potassium and fluorine. Beets are natural blood builders and will purify the body. Together with the celery stems, which are high in sodium (natural salty flavour) and magnesium, it will speed up the elimination. The gingerroot adds extra warmth in the body and increases circulation.

## Shopping List:

- 3 carrots
- 1 red beet (take the skin off)
- 2 celery stems
- ½ lime
- ¼ gingerroot



## Nutritional Highlights:

- Beta-carotene
- Vitamin C
- Potassium
- Chlorine
- Sodium
- Magnesium
- Sulphur

## Energy Stats:

- 132 Kcal
- Carbohydrates: 23 g
- Proteins: 5.1 g
- Fats: 2.1 g