

Apple Beet Carrot Juice

SERVING: 1

RECOMMENDED
FOR
**HEALTHY
AGING
GROUP**



INGREDIENTS:

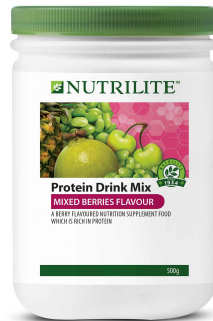
- 1/2 medium beetroot
- 2 medium carrots
- 1 medium apple
- 1 cup water
- 1 level scoop **NUTRILITE Protein Drink Mixed (Mixed Berries Flavor)**



PREPARATION METHOD:

- 1 Cut the beetroot, carrot and apple into small chunks.
- 2 Blend all the ingredients together, scraping down sides occasionally, until smooth.
- 3 Strain juice and if desired, thin with additional water.
- 4 Can be refrigerated up to two days, shake before serving.

Nutrition fact per serving					
Calories	Carbohydrate	Protein	Fat	Vitamin C	Calcium
168.0 kcal	34.9 g	6.1g	1.6 g	28.3 mg	170.5 mg



NUTRILITE™

