

# Food Babe's Homemade V8 Juice



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	1

<https://foodbabe.com/there-might-be-dead-animal-parts-in-your-v8-homemade-v8-juice>

## Ingredients:

- 2 medium carrots
- 1 small beet root
- 1 large fresh tomato
- 1 cup spinach
- ½ cucumber
- ½ red bell pepper
- 1 stalk celery
- 1 teaspoon garlic clove
- 1 pinch cayenne pepper
- ½ whole lemon, juiced

## Instructions:

1. Wash all fruits and vegetables and place into a large bowl.
2. Place all ingredients through your juicer, except the lemon juice.
3. Stir in lemon juice before serving and clean juicer immediately.

## Notes:

- Please use organic ingredients if possible