

Food Babe's Ravishing Red Juice



Prep Time:	Cook Time:	Total Time:	Serves:
20 mins	0 mins	20 mins	2

<https://foodbabe.com/ravishing-red-juice>

Ingredients:

- 5 carrots
- 1 beet root with stems
- 1 cup celery
- 1 cucumber
- 1 green apple
- 2 tablespoons ginger root
- 1 cup kale
- ½ cup fresh parsley

Instructions:

1. Wash all vegetables thoroughly and place into a large bowl.
2. Juice each vegetable in this order – carrots, beets, celery, apple, ginger, cucumber (If you are adding kale or parsley, do those first and then the rest).
3. Stir mixture before serving.
4. Clean juicer immediately.

Notes:

- Sip slowly and drink with intention immediately after juicing.
- Can be stored in an airtight container for up to 12 hours (Some live enzymes will be lost).
- Please buy all organic ingredients if possible