

Nāri Aārogyam<sup>TM</sup>

# BEETROOT, CARROT & RADISH JUICE



# BEETROOT, CARROT & RADISH JUICE

## INGREDIENTS

- Beetroot 1 (medium-sized)
- Carrot 1 ( medium sized)
- Celery Stalk 1
- Radish 1 (medium Sized)
- Water as needed
- Roasted Cumin Powder as per taste
- Lemon juice as per taste



## PROCESS

- Wash well, peel and chop all the veggies.
- Put the chopped vegetables into a blender.
- Blend them well. Add some water to get the consistency of a juice.
- Use a strainer and filter the juice to remove any bumps.
- Add roasted cumin powder and lemon juice
- Relish your juice!

