



Beet Carrot Apple Juice

INGREDIENTS

- 2 medium beets, trimmed and scrubbed
- 1 Granny Smith apple, peeled and cored
- 3 medium carrots, peeled
- 1 tablespoon chia seeds, optional

DIRECTIONS

1. Juice the beets, then apples, followed by carrots. Follow your juicer's specific settings for each. If using the chia seeds, stir in and let soak for 5 minutes. Serve the juice immediately over ice, if desired