



Enhanced Tomato Juice

INGREDIENTS

4 cups tomato juice
4 ozs. carrots (About 2 medium)
2.5 ozs. spinach (About 2 cups)
2.5 ozs. celery (About 1 large stalk)
2 ozs. beets
1 oz. onion
5 to 6 cups water
1/2 tsp. salt
Pepper to taste

DIRECTIONS

- Place the ingredients in a high-speed blender and blend on high for 2 to 3 minutes. Store in container that will be easy to shake. Chill at least 2 hours.
- Makes about 72 ounces of juice.