THE LIGHTER PLATE METHOD

Beetroot, Apple & Celery Juice

Earthy, savoury-sweet and vividly coloured.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**2**	**EASY**

Ingredients

- 2 raw beetroot (peeled and chopped)
- 2 apples (cored and chopped)
- 3 celery sticks
- 0.5 lemon
- 2 cm piece fresh root ginger

Method

1. If using a juicer, feed everything through, finishing with the lemon.
2. Without one, blitz the beetroot, apple, celery and ginger with 150ml cold water for a full minute.
3. Strain through a clean tea towel set over a bowl, gathering the corners and squeezing hard.
4. Stir in the lemon juice and serve over ice.

Tips & swaps

- Wear an apron. Raw beetroot juice stains fabric permanently and works its way onto worktops too — wipe spills immediately.

Storage & reheating

Best drunk within an hour of making.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**2g**	**20g**	**0g**	**4g**

Estimated values, for guidance only. Contains: Celery.