

B E E T R O O T B L I S S R E C I P E

Ingredients:

- 2 medium-sized beets, peeled and chopped
- 1 medium apple (any variety), cored and sliced
- 1 small cucumber, sliced
- Juice of 1 lemon
- 1-inch piece of fresh ginger, peeled
- 1 cup of coconut water (for hydration and a hint of tropical flavor)
- Optional: 1 tbsp honey or maple syrup for added sweetness
- Ice cubes (for serving)



Instructions:

1. Prepare the Ingredients:

- Wash all produce thoroughly to remove any dirt or residue.
- Peel and chop the beets into small chunks for easier blending.
- Slice the apple and cucumber and peel the ginger.

2. Blend the Base:

- Add the beets, apple, cucumber, and ginger to a high-speed blender.
- Pour in the coconut water and blend until smooth.

3. Strain (Optional):

- For a smoother drink, strain the mixture using a fine mesh strainer or cheesecloth. Skip this step if you prefer a more fiber-rich beverage.

4. Add Citrus and Sweeten:

- Squeeze in the lemon juice and stir well.
- If desired, add honey or maple syrup to taste.

5. Serve and Enjoy:

- Fill a glass with ice cubes, pour in the Beetroot Bliss, and garnish with a slice of lemon or a sprig of mint.



FOLLOW US MORE RECIPES!
SIPSANDSAVOR.COM



SIPSANDSAVOR.COM