



Tangy Fruit & Vegetable Juice

If you're looking for a tangy, tasty juice to get started with your day, check out this outstanding fruit and vegetable beverage. This unique blend of sweetness, tartness and green vegetables is incredibly healthy and easy to make. Drink up!

Ingredients

- 6 carrots
- 3 apples
- 1 lemon
- 1 ginger
- 1 beet
- 4 ounces spinach

Preparation Process

Juice the carrots, apples, lemon, ginger and beet

Pour the juice into a blender with the spinach, blend until completely mixed and serve

If you want to watch the video again. Click [here](#).