

## *Beet Apple Eye Opener*

### INGREDIENTS

**1 medium-sized beet,  
scrubbed**

**1 stalk celery**

**Juice of half a lemon**

**1 organic green apple, cored**

**Water**

**1 carrot, scrubbed**

1. Juice the first four ingredients
2. Add the lemon juice and enough water to make a full eight-ounce glass.