

Here you have **recipe No.4!**



This juice has lemon, green Apple and beetroot.

Quantity: 1 liter

Cooking tools: Blender + nutmilk bag or juice extractor

Ingredients:

- 1 lemon, squeezed
- 2 green apples, peeled and chopped
- 1 beetroot
- ½ liter water or coconut water

Method:

1. Place in the blender lemon juice, apples and beetroot. Add water and blend together.
2. Grab a bowl with nutmilk bag, pour the content and extract the juice.
3. Add juice into a glass jar and enjoy!