

## Sassy Super Juice for Better Abs and Skin:

Orange, Beetroot, Carrot & Ginger

Highly recommended for Pregnancy and Post Baby

This makes enough for 4 people.



6 x Medium Oranges (Peeled)  
4 x Medium Carrots (Peel and cut in half)  
1 x RAW Beetroot (Peel and half - wear gloves!)  
½ inch of Ginger

Pop all ingredients into the Juicer and Juice.  
Add crushed ice or ice cubes if you like.

**Why this juice is TheBeezKneez..**

*It contains all these super healthy goodies..*

**Oranges** help improve appearance of your complexion due to the levels of Vitamin C they contain (so can help your skin look brighter despite those sleepless nights!) Vitamin C also helps boost your bodies immune system to ward off infections and diseases. Plus it helps aid your bodies ability to absorb iron to improve energy.

**Beetroot** is a perfect food if you feel fatigued - it really helps boost immune resistance and is often used in treating anemia, iron deficiency. A powerful blood cleanser and tonic, it has a long history of use in the treatment of cancer. Some studies have shown specific anti-carcinogenic substances in beetroot.

**Tip:** Choose RAW beetroot over vacuum packed beetroot as the properties are more powerful as the nutrients have not been depleted in the cooking process.

**Ginger** is helpful in relieving morning sickness and aids digestion. A perfect alternative to medication!

**Carrots.** Just one carrot gives your body your daily Vitamin A requirement, making them one of top vegetables to help protect against cancer. They are also extremely rich in C and E to help stay young looking and reduce risk of wrinkles, help improve your eyesight and circulation.