

# Detox breakfast juice



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Preparation 10 mins | Serves 2

You'll need a juice extractor to make this cleansing breakfast drink.

- 4 oranges, peeled and halved
- 2 cm piece ginger, washed
- 1 beetroot (about 150g), trimmed, halved and scrubbed
- 1 carrot, washed
- 1 stick celery

Using a juice extractor, place oranges, ginger, beetroot, carrot and celery through the feed-tube and catch the juice in a jug. Pour into serving glasses and serve.

## Good for you... **ORANGES & BEETROOT**

### **Oranges**

*Deserve their reputation as excellent source of vitamin C - one orange has almost two day's supply of this important vitamin. A source of beta carotene and many of its relatives in the carotenoid family. Beta carotene can be converted to vitamin A and other carotenoids are important in keeping the immune system healthy. Provide folate, one of the B vitamins that is particularly important in the early stages of pregnancy. Low GI so that its carbohydrate is released slowly into the bloodstream.*



### **Beetroot**

*An excellent source of folate, the B vitamin that is especially important during the early stages of pregnancy. One medium beetroot provides about half an average adult's recommended dietary intake of folate. The purple pigments in beetroot act as antioxidants and may have beneficial effects for health. A good source of dietary fibre, needed for a healthy digestive system.*

