

|  |
| --- |
|  |
| **YIELD 1 SERVINGS** Ingredients2 medium beets1 medium cucumber2 large carrots1 medium bunch of Lacinato Kale1 bunch of parsley1 small lemon1 tsp Matcha powdered green tea1 tsp Moon Juice anti-aging minerals1 scoop unflavored plant protein powderC:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for nut free logoImage result for gluten free logoNutritional’s Per Serving□ Calories 135 Cal □ Protein 24 grams□ Fiber 3 grams□ Sugar 0 grams□ Carbs 4 grams□ Fat 2.5 grams | Morning Beet Blast PREP 10 MIN | TOTAL 10 MINPreparationsMake sure you clean and wash your vegetables before you make your juice.  This is especially important because you will be consuming this juice in its natural raw state, the way nature intended!Once your vegetables are cleaned make sure they are cut if needed to fit in your juicer.  (Depends on the juicer you have)  It does not matter what order you juice your vegetables although I tend to juice one vegetable at a time then move onto the next.Once you finish juicing all your yummy vegetables add your powder ingredients and blend till silky smooth.  Drink it right away or store it in the refrigerator up to 24 hours depending on your juicer.**Tips**The key to making any juice especially for your workouts is to be prepared to make them quickly.  That means have your fruits and vegetables washed and ready to grab and extract your juice when you are ready!  I always wash my produce then place them in food containers in the refrigerator so I can quickly get them when I need them!​Having your produce and ingredients organized and ready will help you quickly prepare your workout drink when needed! |