

- Prep Time: 15 minutes
- Extraction Time: 10 minutes
- Total Time: 25 minutes
- Yield: 2 large servings (~24–28 oz / 700–800 mL)
- Flavor Profile: Earthy, sweet, zesty, and pepper-spiced
- Intensity Level: Moderate–High (Strong earthy botanical flavor with a noticeable ginger kick)
- Equipment Required: Centrifugal Juicer, Masticating (Cold-Press) Juicer, OR High-Speed Blender with a fine-mesh nut milk bag.

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Ingredient Profile & Quantities

Ingredient	Metric Quantity	Imperial Quantity	Preparation Note
Fresh Red Beetroot	2 medium (300g)	~10.5 oz	Trimmed, scrubbed clean; unpeeled if organic
Sweet Carrots	4 large (400g)	~14 oz	Tops removed, scrubbed clean; no need to peel
Fresh Ginger Root	2.5 cm piece (20g)	~1 inch piece	Scrubbed clean; skin can remain on
Green Apple (e.g., Granny Smith)	1 medium (150g)	~5.3 oz	Cored and quartered (adds crisp acidity)
Fresh Lemon	1/2 medium (30g)	~1 oz	Peeled (yellow rind removed to prevent bitterness)
Cold Filtered Water	60-120 mL	1/4-1/2 cup	<i>Optional:</i> Needed only if using the blender method

Step-by-Step Instructions

Step 1: Selection and Washing

1. Select firm, heavy beetroots with smooth skins. If greens are attached, trim them off (save them for sautéing or adding to soups later).
2. Wash all produce thoroughly under cold running water using a vegetable brush to remove ground soil, sand, and debris. Because root vegetables grow underground, thorough scrubbing is critical to avoid grit in the finished juice.

Step 2: Knife Prep & Sizing

1. Cut the beetroots into quarters or eighths, depending on the feed-chute capacity of

your juicer or blender.

2. Trim the stem ends off the carrots. Chop long carrots in half if necessary.
3. Slice the ginger root in half to expose the fibers.
4. Core the green apple and slice into manageable wedges.
5. Slice off the bitter outer peel and white pith from the lemon half, keeping the juicy pulp intact.

Step 3: Extraction (Choose Method A or Method B)

Method A: Cold-Press or Centrifugal Juicer

1. Feed Order Matters: Alternate between hard root pieces and soft/fibrous pieces to maximize extraction efficiency.
2. Start by feeding half of the carrot pieces into the chute.
3. Follow with the ginger root and lemon half. Juicing the ginger between bulky vegetables ensures all of its juice is pushed through the chamber.
4. Feed the beetroot quarters next, followed by the apple wedges.

5. Conclude with the remaining carrots to flush out any trapped juice or fibers from the extraction mesh.
6. Stir the extracted juice gently with a spoon to integrate the distinct liquid layers.

Method B: High-Speed Blender + Strainer

1. Add the liquid base (1/4 to 1/2 cup of cold filtered water) into the blender container first to prevent the blades from jamming.
2. Add the softest items: lemon pulp and green apple wedges.
3. Add the diced beetroot pieces, carrots, and sliced ginger.
4. Blend on low speed for 10 seconds, then gradually increase to high speed. Blend for 45-60 seconds until a uniform, thick purée forms.
5. Place a fine-mesh nut milk bag or double-layered cheesecloth over a large mixing bowl.
6. Pour the purée into the bag, gather the top tightly, and twist/squeeze firmly with clean hands to press out all liquid into the bowl. Discard or compost the remaining dry fiber pulp.

Step 4: Chilling and Serving

1. Pour the freshly extracted juice into chilled glassware.
2. Serve immediately over ice cubes if desired, or chill in the refrigerator for 30 minutes before consuming for maximum crispness.

Storage & Preservation

- **Best Consumed Fresh:** Cold-pressed juices begin oxidizing upon contact with air. Drinking the juice within 20 minutes of extraction yields the highest concentration of active enzymes and nutrients.
- **Refrigeration:** Store any surplus juice in a clean, airtight glass Mason jar. Fill the jar to the very top rim to minimize air headspace, seal tightly, and store at 36–39°F (2–4°C).
 - **Centrifugal Juiced:** Consume within 24 hours.
 - **Masticating / Cold-Pressed:** Consume within 48 to 72 hours.
- **Separation:** Natural separation will occur over time. Simply shake or stir well before serving.

Nutritional Information

Servations per recipe: 2 | Serving Size: ~12-14 fl oz (350-400 mL)

Nutrient	Amount per Serving	% Daily Value (DV)*
Calories	135 kcal	—
Total Fat	0.5 g	1%
Saturated Fat	0.1 g	0%
Sodium	125 mg	5%
Total Carbohydrates	31 g	11%
Dietary Fiber (Strained)	3 g	11%
Total Sugars	20 g	—
Protein	3 g	6%
Vitamin A	1,080 mcg RAE	120%
Vitamin C	28 mg	31%
Folate (Vitamin B9)	110 mcg	28%
Potassium	680 mg	14%
Iron	1.8 mg	10%
Manganese	0.4 mg	17%