

- Prep Time: 10 minutes
- Cook/Juicing Time: 5 minutes
- Total Time: 15 minutes
- Servings: 2 portions (approx. 10–12 oz per serving)
- Recipe Intensity Level: Low (Beginner-friendly; requires a high-speed blender or centrifugal/slow juicer)

Table of Contents



- [Equipment Needed](#)
- [Ingredients](#)
 - [Main Base & Liquids](#)
 - [Bioactive Spices & Boosters](#)
- [Step-by-Step Instructions](#)
 - [Step 1: Prep Your Produce](#)
 - [Step 2: Extraction Method](#)
 - [Option A: High-Speed Blender Method \(Yields Max Fiber/Nutrients\)](#)
 - [Option B: Cold-Press Juicer Method](#)
 - [Step 3: Chill, Emulsify, and Serve](#)
- [Chef's Intensity & Timing Breakdown](#)
- [Deep Dive: The Science of Anti-Inflammatory Ingredients](#)
- [Storage & Meal Prep Instructions](#)
- [Complete Nutritional Information](#)

Equipment Needed

- Primary Extractor: High-speed blender (e.g., Vitamix or Ninja) OR Cold-press juicer
- Filtering Tool: Fine-mesh nut milk bag or ultra-fine strainer (if using a blender)
- Prep Gear: Sharp chef's knife, vegetable peeler, microplane/grater

Ingredients

Main Base & Liquids

- 1 medium Raw Red Beet (peeled and diced)
- 1/2 cup (120 ml) Pure Unsweetened Tart Cherry Juice
- 1 cup (240 ml) Cold Coconut Water or Filtered Water
- 1 medium Blood Orange or Navel Orange (peeled and seeded)
- 1/2 medium Lemon (peeled)

Bioactive Spices & Boosters

- 1 inch (15 g) Fresh Ginger Root (scrubbed clean)
- 1 inch (10 g) Fresh Turmeric Root (or 1/2 tsp ground organic turmeric)
- 1/8 tsp Freshly Ground Black Pepper (*Essential: Piperine increases curcumin absorption by up to 2,000%*)
- 1 tsp Raw Cold-Pressed Extra Virgin Olive Oil or Unrefined Coconut Oil (*Provides healthy lipids needed for fat-soluble nutrient absorption*)
- 1 tbsp Raw Wildflower Honey or Pure Maple Syrup (*Optional, to balance tartness*)

Step-by-Step Instructions

Step 1: Prep Your Produce

1. Wash all fresh roots and produce thoroughly under cold water.
2. Peel the beet using a Y-peeler, cutting it into 1/2-inch chunks so your blender or juicer handles it smoothly.
3. Slice away the peel and white pith from the orange and lemon to eliminate excess bitterness.

4. Keep the peel on the ginger and turmeric if organic; otherwise, scrape the skin off using the edge of a spoon.

Step 2: Extraction Method

Option A: High-Speed Blender Method (Yields Max Fiber/Nutrients)

1. Add liquid base ingredients (coconut water, tart cherry juice) to the bottom of the blender pitcher near the blades.
2. Layer in soft items (orange, lemon, honey/oil), followed by hard items (beet chunks, ginger, turmeric), and top with black pepper.
3. Blend on LOW speed for 10 seconds to chop the heavy roots, then ramp up to HIGH intensity for 60 to 90 seconds until completely smooth.
4. Place a fine-mesh nut milk bag over a large glass bowl or measuring pitcher. Pour the blended mixture through and squeeze firmly to extract every drop of liquid. *(Note: Keep the leftover fibrous pulp to freeze for future smoothies or stocks).*

Option B: Cold-Press Juicer Method

1. Alternate feeding the beet, orange, lemon, ginger, and turmeric through your juicer chute.
2. Stir the extracted juice together with the tart cherry juice, coconut water, black pepper,

oil, and sweetener in a glass pitcher.

Step 3: Chill, Emulsify, and Serve

1. Whisk vigorously for 15 seconds to fully disperse the healthy lipids (olive or coconut oil) throughout the juice mixture.
2. Fill two tall glasses with crushed ice.
3. Pour the elixir over the ice and garnish with an orange wheel or fresh mint sprig. Drink immediately for maximum nutrient availability.

Chef’s Intensity & Timing Breakdown

Process Phase	Duration	Equipment Setting / Intensity	Key Focus
Produce Prep	5 mins	Manual Knife Work	Clean, equal-sized chopping to prevent strain on blades
Initial Breakdown	15 secs	Low Speed (Blender Speed 2-3)	Crushing raw beet dense structure
Micro-Emulsification	75 secs	High Speed (Blender Speed 10)	Pulverizing roots & incorporating fat soluble lipids
Nutrient Strain	2 mins	Manual Pressure	Squeezing out active liquid compound without heat buildup

Deep Dive: The Science of Anti-Inflammatory

Ingredients

understanding *why* this recipe works helps you get the most out of every glass:

- **Betalains from Beets:** Raw beets are loaded with betalains, pigments proven to inhibit cyclooxygenase (COX) enzymes in the body—the same pathways targeted by common over-the-counter anti-inflammatory medications.
- **Curcumin & Piperine Synergy:** Turmeric’s active compound, curcumin, is notoriously difficult for the human digestive tract to absorb. Combining turmeric with black pepper (piperine) and a source of healthy fat drastically increases systemic bioavailability.
- **Anthocyanins from Tart Cherries:** Tart cherry juice provides concentrated anthocyanins 1 and 2, compounds known to lower blood uric acid levels, soothe inflammatory joint pain, and decrease delayed-onset muscle soreness (DOMS).

Storage & Meal Prep Instructions

- **Refrigeration:** Store in an airtight, UV-protected glass vessel (like an amber Mason jar) filled right to the rim to minimize oxygen headspace. Consume within 24 to 48 hours for peak active enzyme retention.
- **Freezing:** Pour the strained elixir into silicone ice cube trays and freeze. Pop two to three frozen elixir cubes into a shaker cup with cold water or sparkling water for a quick single-serving tonic on the go.

Complete Nutritional Information

Calculated per serving (1/2 of total recipe batch, approximately 11 fl oz / 325 ml)

Nutrient	Amount Per Serving	% Daily Value (DV)
Calories	135 kcal	—
Total Fat	2.5 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	65 mg	3%
Total Carbohydrates	28 g	10%
Dietary Fiber	3 g (1g if thoroughly strained)	11%
Total Sugars	20 g	—
Includes Added Sugars	3 g (from optional honey)	6%
Protein	2.5 g	5%
Vitamin C	68 mg	75%
Potassium	510 mg	11%
Folate (Vitamin B9)	95 mcg	24%
Manganese	0.4 mg	18%
Magnesium	38 mg	9%
Iron	1.2 mg	7%