

BEETS AND GINGER JUICE

Ingredients:

- 10 cups Water
- $\frac{2}{3}$ – 1 cup Panela
- 5 Small Beets (peeled and cubed)
- 2 knobs Fresh Ginger (unpeeled and chopped small)

Directions:

- In a blender, add in 5 cups of water, half of the chopped beets, and half of the chopped ginger. Blender for 1-2 minutes until you have a fine pulp.
- Pour into a large bowl and repeat step 1 with the remaining ingredients.
- Let the unstrained liquid sit for 7 minutes.
- Strain liquid twice through a fine kitchen strainer to another bowl.
- Return half of the liquid to the blender and blend with the Panela.
- Mix in the sweetened liquid with the other half of the liquid. Taste for sweetness and adjust as needed.
- Pour the finished beets and ginger juice into a large bottle. I used a 32-ounce glass wide-mouth mason jar.
- Store in the fridge. Best served chilled. ENJOY.

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