

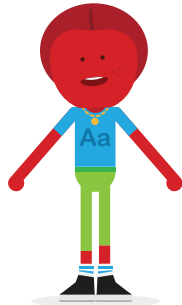
Beet it

I can make you stronger,
so you can run for longer.



Benny Beetroot

An apple a day,
takes the toxins away.



Adam Apple

I can help you eyes,
see in dark night skies.



Chris Carrot

What ingredients we are going to need

1 cup pressed Apple Juice
1 fresh Beetroot
2 Carrots

It is so easy to do

Blend the ingredients until smooth.
You will need a powerful blender or a juicer for this one.
If using a juicer, use whole apples instead of juice.
Tip: Be careful when you handle beetroot as it will stain clothing.

Why it is good for us

Athletes use beetroot juice to help boost their stamina so they can perform better.
Beetroot can boost blood flow to your brain, making it work better and increase serotonin, which makes you feel happy.
Apples can help to protect your teeth, keep your brain sharp, fight disease, help control your bowels, help remove toxins and help you maintain a healthy weight.
Carrots promote eye health and can boost the immune system to help protect you against free radical damage, harmful bacteria and disease. Carrot juice can help you to super skin by promoting skin healing after infection or irritation. They can help to protect your heart, cleanse your body and help keep teeth and gums healthy.
Together, this drink packs a powerful punch and can inspire you to a better, more energetic sporting performance.