

RED COCKTAIL

autumn, energy-giving, boost, depurative

For
4
Glasses

Ingredients:

1 beetroot
2 carrots
2 small bunches of red grapes
2 Granny Smith apples
cayenne pepper

Preparation: Wash the beetroot thoroughly. Strip the grapes off the bunches. Process the beetroot, carrots, grapes and apples in the J80 Ultra/J 100 Ultra centrifugal juicer.

Spice up the juice with Cayenne pepper. Serve chilled.

Decoration: serve with thin slices of mini-beetroot.

Benefits: Beetroot juice, energy-giving and a **depurative**, is good for blood regeneration. Grapes provide energy.

Robot-Coupe tips: The Ultra juicer can process carrots whole 2 - 3 at a time.

