

## Carrot Beet Coriander Juice

28 Sep 2020 8 Min



### Details

Beetroot Carrot juice is a refreshing and detox drink. Packed with essential nutrients, juice is a great source of fiber, vitamin A, folate (vitamin B9), manganese, potassium, iron and vitamin C making this drink is a blessing for skin and hair.

### Ingredients



2 Chopped Tbsp(7.0 gm) Coriander Leaves



1/4 Chopped Cup(38.0 gm) Carrot



50 Ml(50.0 ml) Water



1 Tsp(4.0 ml) Lemon Juice



3/4 Chopped Cup(35.0 gm) Beet Root

### Method (Step-By-Step)

#### • Preparation

In a blender add 1/4 cup chopped beetroot, 1/4 cup chopped carrot and 2 tbsp chopped coriander leaves and 1 tsp lemon juice.

- Add water and blend it to liquid consistency.
- Serve chilled.