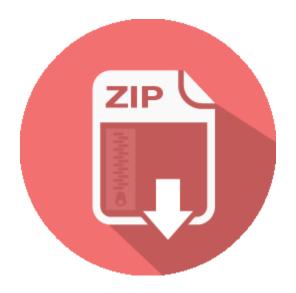
# **RED BEET JUICE RECIPE**



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Combine vinegar, beet liquid, sugar, salt, onion, and whole cloves. Pour over eggs. Pour over eggs. Cover and refrigerate at least 2 days to give the beet juice time to penetrate the egg white.

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Into a pint size jar, press egg yolks through a the border of Maine, and this is a recipe which finds its origins in the New Brunswick area.

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# Red Beet Smoothie Healthy Smoothie

Red Beet Smoothie: 1 small red beet, 1 large apple, 1 stalk of celery, 1 cup carrot juice, 1 cup almond milk, 2/3 cup frozen sliced peaches, 1-inch piece of ginger

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#### **Red Beet Smoothie Recipe Smoothiefor**

It will release its water and you are going to use that juice in the red beets smoothie. If you would like, you can add ice to the blender. If you would like, you can add ice to the blender. Extra information about smoothie (calorie calculation, nutrition values, etc.)

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