

Ruby Greens

Ingredients:

Serves 3

- 3 raw beets
- 2 grapefruits, peeled
- 1 cup fresh parsley
- 1 cup fresh spinach
- 2 celery stalks



*SOY FREE



*VEGAN



*GLUTEN-FREE



Directions:

1. Place the ingredients one by one through a juicer. Serve fresh and enjoy!

Nutrition Facts

3 servings per container	
Serving size	5 fl oz
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2.2mg	10%
Potassium 430mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.