

Pomegranate Beet Juice

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-beetroot-and-carrot-juice-recipe>

Ingredients:

- 1/2 cup fresh orange juice
- 1/2 cup carrot juice Fresh
- 1/3 cup pomegranate Fresh or Frozen
- 1 inch ginger
- 1/4 cup pineapple Fresh or Frozen
- 1/3 cup beet Fresh

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 11 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 20 milligrams
6. Sugar: 8 grams

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