

BC ABC JUICE



Yields:
1½ cups (340 ml)

INGREDIENTS

1 cup	BC Apple Juice, fresh	250 ml
1 tbsp	BC Beet Juice, fresh	15 ml
¼ cup	BC Carrot Juice, fresh	60 ml
1 tbsp	Lemon Juice, fresh	15 ml
½ cup	Ice	125 ml

DIRECTIONS

1. Combine first four ingredients.
2. Serve over ice and enjoy!



CHEF'S TIP

*Fresh BC produce makes for the absolute best juice. You can use the juice straight out of the juicer. If you prefer a clearer juice, strain the fresh juice and let it sit in a container undisturbed over night to allow any sediment to settle.