

## FALL JUICE RECIPE

Vata ↓↑\*, Pitta ↓↑\*\*, Kapha ↑

**Makes 4 cups / Prep Time: 15 minutes / Clean-Up Time: 15 minutes**

\*If there is a strong Vata imbalance, all raw foods and drinks should be avoided

\*\*Pitta types can enjoy in moderation if there is not excessive heat in the system

### INGREDIENTS

- 2 small beets or 1 medium beet
- 3 large carrots
- 4 large apples
- 3 medium oranges
- 3 inch rhizome of ginger root

### DIRECTIONS

1. Set up your juicer and place a bowl or container in front to catch the juice.
2. Wash the beets, carrots, apples, and ginger and cut them into cubes that will fit into your juicer. There is no need to peel these ingredients when juicing.
3. Peel the oranges and section them off in quarters to fit through the juicer. Leaving the peels on will cause a strong bitterness in the juice and therefore increase Vata (and it's not very tasty).
4. Once everything is ready to go, begin to send all of the ingredients through.
5. Once all of the ingredients have been extracted, take the remaining juice and give it a nice stir to make sure the ingredients are evenly mixed and harmonious.
6. Compost the remaining pulp.
7. Pour this beautiful juice in a nice glass, share with a loved one, and enjoy!!