



Digestive Juice

Ingredients:

10 medium sized carrots
5 stalks of celery
1 medium sized beet
1 medium sized red bell pepper (feel free to leave out if avoiding nightshades)
1" piece of ginger
1" piece of turmeric
Juice of ½ lemon
Juice 1" piece of fresh aloe vera (peeled) or add some bottled aloe vera juice from the health food store 'inner fillet'
1 tsp - tbsp of extra virgin olive oil
a small pinch of black pepper

Wash veggies, juice them.

Add aloe vera, lemon juice, olive oil, black pepper.

Best drink immediately, but can be stored in the fridge for a day without problems.