

# Healthy Healing Smoothie



## Ingredients (Serves 2):

- 12 fl. oz. water
- ½ inch raw ginger root, peeled
- 1 Tablespoons lemon juice
- 2 teaspoons apple cider vinegar
- 2 small beets, peeled & quartered
- 3 small carrots
- 1 medium apple, quartered
- 2 cups chopped kale

## Nutritional Information: Per serving

- Calories: 130
- Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 140mg
- Carbohydrates: 32g
- Fiber: 8g
- Sugar: 21g
- Protein: 3g

## Instructions:

Add ingredient in order listed.

Blend until smooth.

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