

Vitamin A Kicker



With this drink, you get a double dose of [Vitamin A](#), the vitamin that keeps your eyes and skin healthy. Beets are loaded with beta-carotene, and the bright orange [carrots](#) you add into the juice will increase the dose of Vitamin A. Adding oranges into the mix will give it a tangy flavor, but you'll also get lots of [Vitamin C](#).

This drink is **PERFECT** to start off your morning, and it's a great source of long-lasting energy! Plus, you get a good deal of hunger-quashing fiber, ideal to help you make it through the morning without a grumbling stomach.

Ingredients:

- 1 large beetroot
- 2 oranges
- 2 carrots
- Ice

Preparation:

- Run the beetroot and the carrots through the juicer, extracting the liquid goodness into your cup.
- Cut the oranges in half, and use an orange squeezer to extract the juice. Drop in a few cubes of ice, and stir!