



Beetroot and lemon juice

Priscila · 02/07/2024



Prep Time

15 min.

Dificult

Medium

Servings

8-10

Description

Nutritious Lemonade is a revitalizing drink brimming with health benefits, perfect for those seeking healthy and refreshing options. This unique beverage combines the nutritional power of beetroot with the zestiness of lemon, creating a flavor experience that not only quenches thirst but also contributes to overall well-being. Beetroot, the heart of this drink, is known for its antioxidant properties and its ability to improve blood circulation and cardiovascular health. Rich in fiber, vitamins, and minerals, beetroot aids in body detoxification and promotes healthy digestion. Lemon juice, on the other hand, is an excellent source of vitamin C, a powerful antioxidant that strengthens the immune system and aids in iron absorption by the body. Together, these two main ingredients offer a potent combination that can help reduce inflammation, boost immunity, and promote hydration. The addition of a natural sweetener, like honey, enriches the drink with even more benefits, including antibacterial and antioxidant properties. Moreover, Nutritious Lemonade is incredibly versatile. It can be customized according to personal preferences, adjusting the amount of sweetener or adding other healthy ingredients, such as ginger or mint, to enhance flavor and health benefits. Perfect for savoring on a hot summer day, as a post-workout beverage, or simply as a healthy alternative to sodas and processed juices, Nutritious Lemonade is more than just a refreshing drink; it's a step towards a healthier and more balanced lifestyle.

Ingredients

- 1 medium beetroot
- 2 liters of water
- Sugar or honey to taste
- Ice cubes
- Lemon slices for garnish

Instructions

1. Wash the beetroot thoroughly to remove any dirt. Peel the beetroot and cut it into small chunks. This will make it easier to blend and extract the juice.
2. Place the beetroot chunks into a blender. Add about 1 cup of water to help blend smoothly. Blend until the beetroot is completely pureed. Strain:
3. Use a fine mesh strainer or cheesecloth to strain the beetroot puree into a large pitcher. Press or squeeze to extract as much juice as possible. Discard the solids.
4. Into the pitcher with the beetroot juice add the freshly squeezed lemon juice. Stir well. Sweeten the juice with sugar or honey according to your taste. Start with a small amount stir taste and add more if needed. Remember the natural sweetness of the beetroot will also contribute to the overall flavor.
5. Add the remaining water to the pitcher and mix well. Adjust the sweetness if necessary after diluting.
6. Add ice cubes to the pitcher to chill the juice or refrigerate for about 30 minutes before serving if you prefer it extra cold.
7. Pour the juice into glasses over more ice cubes. Garnish each glass with a slice of lemon on the rim for a refreshing and attractive presentation.
8. For an extra health boost you can add a small piece of peeled ginger to the beetroot while blending. If the beetroot flavor is too strong you can adjust the ratio of water or add more lemon juice according to your preference. Enjoy this refreshing and healthy beetroot and lemon juice perfect for hot summer days or as a nutritious start to your day!