BEETROOT JUICE WITH APPLE, GINGER & CHIA SEEDS

Season: Autumn
From the garden: Beetroot, apples, ginger, lemons, mint (carrots and any other fruits or vegetables suitable for juicing)

Type: *drink*
Difficulty: *easy*
Serves: *30 small tastes*
Source: *Adapted from:Ashley's Green Life,'My Daily Chia Seed Drink" YouTube*

Equipment

- *Jar with lid*
- *Knife*
- *Chopping board*
- *Juicer*
- *Jug(s) to contain juice*
- *Small cups or glasses to serve*
- *tablespoon*

Ingredients

* 3 tbsp chia seeds
* 1 cup water
* 2-3 beetroot
* Approx 8 apples
* 3 lemons
* ½ tsp ground ginger (or 1 tsp fresh grated ginger)
* Washed mint leaves to garnish

Method

1. Fill jar with water, add the chia seeds, put lid on, shake vigorously and allow to sit.
2. Wash and remove stalks / ends of the fruits/vegetables. Beetroot, apples (or carrots) do not need to be peeled. The seeds of apples and lemons do not need to be removed as the juicer will do this for you.
3. Carefully remove the peel from the lemons with a sharp knife.and cut into halves.
4. Cut all remaining fruits / vegetables into halves (or quarters depending on the size of juicer).
5. Juice extraction: place the fruit pieces 2-3 at a time into the juicer and gently press through until you have used them all.
6. Thoroughly stir the chia seed and water mix, along with the ginger, through the fruit juice.
7. Transfer to serving cups or glasses, garnish with mint and enjoy.

Notes: *Freshly squeezed juice should be consumed right away in order to get the most nutrients out of it. As soon as you juice fresh produce, you break open the cell walls, activating the nutrients. Many of these nutrients are time-sensitive and start to deteriorate after around 20 mins.*

Chia seeds can absorb up to 12 times their weight in liquid! Water-soaked chia seeds are easier to digest and the nutrients are better absorbed by our bodies. 10 minutes is all it takes, though they can be left to soak overnight which is even better!

Skills: *Use of large kitchen appliance, vigorous (and fun) shaking!*