

# HOT HEART HEALTH JUICE RECIPE



## INGREDIENTS:

- 1/8 or less jalapeño pepper
- 1 knob ginger
- 1 clove of garlic
- 1 beet (medium size)
- 2 carrots
- 1 lemon
- 1 cucumber

## DIRECTIONS:

1. Add all ingredients to vegetable juicer. Gently stir juice and consume immediately.

Certain foods can give a powerful dose of phytonutrients that may help prevent and repair damage to heart cells. Fresh produce provides the cornerstone for a heart healthy diet because they are full of antioxidants. Try this Heart Healthy Juice Recipe and reap the benefits of a high vegetable diet today!