

# Rainbow Juice

I do not make juice often, but when I do, I prefer to stay away from sweet fruits as they cause blood sugar spikes as well as higher demand for insulin. Stripped off of fiber, even such vegetables as beets and carrots can cause blood sugar imbalance. To avoid it and to improve the absorption of beta-carotene from carrots, add 1-2 tsp of olive oil.



## Ingredients

- 2 medium carrots
- 2 medium cucumbers
- 1 green apple
- 3-4 stalk of celery
- 1 bunch kale
- 1 small piece of fresh turmeric
- 1 bunch parsley
- 1/2 medium beet
- 1/2 medium lemon
- 1-2 tsp olive oil

Enjoy with ice or add 1/2 inch juiced ginger to make the

beverage taste warm and to promote digestion. Be careful though, ginger is spicy to some people, in this case – the less is more!