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### Description

Revitalize your routine with this vibrant, ruby-red ABC Juice, a classic fusion of sweet apples, earthy beetroots, and crisp carrots. This legendary blend delivers a silky-smooth, naturally refreshing taste profile that balances root vegetable depth with fruit sweetness. While traditional fruit juices tend to be high in natural sugars, incorporating this vibrant blend alongside high-protein, low-carb dietary strategies provides a clean, colorful boost of essential micronutrients and hydration without unnecessary refined additives.

### Short Description (3 Lines)

A nutrient-dense blend of fresh apples, earthy beetroots, and crisp carrots delivering a natural energy boost in every sip. This classic ABC juice offers a vibrant, naturally sweet flavor profile that supports daily hydration and overall wellness. Perfect for a refreshing morning drink or an afternoon micronutrient pick-me-up.

## Can This ABC Juice Support Weight Loss Goals?

Yes, ABC Juice can complement a weight loss journey when enjoyed mindfully as part of a calorie-conscious diet. The fresh produce provides dietary fiber (especially if un-strained), hydration, and essential vitamins that help support overall metabolic function and natural energy levels. While the juice itself contains naturally occurring sugars from fruit and root vegetables rather than high protein levels, pairing it with high-protein whole foods helps slow carbohydrate absorption and maintain steady satiety throughout the day.

## Does ABC Juice Fit a High Protein Lifestyle?

ABC Juice is primarily a micronutrient-rich, plant-based beverage made from apples, beetroots, and carrots rather than a primary source of protein. With minimal protein and higher natural carbs from root veggies, it yields around 20–25g of net carbs per serving. To seamlessly fit this drink into a high-protein or low-carb lifestyle, consider adding unflavored collagen peptides or plant-based protein powder, or pairing it directly with a protein-heavy breakfast like egg whites or Greek yogurt.

## My Personal Experience

- Balancing the earthy beetroot flavor: I found that adding a squeeze of fresh lemon juice and a small piece of ginger cuts through the earthy beetroot taste, giving the juice a crisp, balanced flavor.
- Saving time on morning prep: Pre-chopping the carrots, beets, and apples the night before lets me blend and strain a fresh, refreshing batch in under five minutes each morning.

## Perfect For

- Early morning nutrient boosts
- Pre-workout hydration drinks
- Post-workout recovery pairing with protein shakes

- Afternoon energizing snacks

### Why You'll Love This Recipe

- Pure natural sweetness: The natural sugars in fresh apples and carrots mean you do not need any added syrups or refined sugars to make it taste delicious.
- Vibrant color and fresh flavor: The deep crimson color looks stunning in a glass, delivering a crisp and invigorating drink that feels instantly revitalizing.

### Common Mistakes to Avoid

1. Peeling the beetroot and carrots too aggressively: Much of the nutritional value resides near the skin; simply scrub the vegetables thoroughly instead of peeling off thick layers.
2. Forgetting to wash root vegetables thoroughly: Beetroots and carrots grow underground and can carry residual soil, which will ruin the clean flavor of your juice if not properly rinsed.
3. Skipping the acid balance: Omitting lemon juice or ginger can leave the juice tasting overly earthy or flat; a splash of citrus brings out the bright natural sweetness of the apples.
4. Using a high-speed blender without straining (if smooth juice is desired): Blending without a fine-mesh sieve or nut milk bag results in a thick smoothie puree rather than a smooth, drinkable juice.

### Required Equipment

- High-Speed Blender or Juicer — Efficiently breaks down dense root vegetables like beets and carrots into a fine liquid texture.
- Fine-Mesh Strainer or Nut Milk Bag — Separates the fibrous pulp from the liquid to ensure a smooth, velvety juice consistency.

- Large Glass Pitcher — Ideal for holding the freshly squeezed juice while straining and serving over ice.

## Storage Instructions

Store fresh ABC Juice in a tightly sealed glass mason jar or airtight bottle in the refrigerator for up to 24–48 hours. Because fresh, raw juice oxidizes quickly, keeping it chilled in a sealed container preserves its vibrant color, fresh flavor, and nutritional quality. While you can freeze the juice in air-tight freezer-safe bottles for up to 1 month, it is best enjoyed freshly made.

## Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 0 minutes
- Total Time: 10 minutes
- Servings: 2 servings
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~120 kcal (*Approximate estimate*)

## □ Ingredients

- Medium red apples: 2 whole (*Note: Gala or Honeycrisp offer great natural sweetness*).
- Medium beetroots: 1 whole (*Note: Scrub thoroughly; trim stems and root ends*).
- Large carrots: 2 whole (*Note: Tops trimmed and rinsed clean*).
- Fresh lemon juice: 1 tbsp (*Note: Balances earthiness and adds brightness*).
- Fresh ginger root: 0.5 inch piece (*Note: Optional, for a warm, spicy kick*).

- Cold water: 0.5 cup (*Note: Only needed if using a blender to assist processing*).

## Directions

1. Prepare the produce by thoroughly washing the apples, beetroots, and carrots under cold running water to remove any dirt.
2. Chop the ingredients into small, uniform 1-inch cubes so they easily feed into your juicer or blend smoothly without jamming the blades.
3. Add the chopped produce to your high-speed blender along with 0.5 cup of cold water (or feed pieces incrementally into a centrifugal/masticating juicer).
4. Blend on high speed for 60 to 90 seconds until the mixture reaches a smooth, thick liquid consistency with no visible chunk visual cues.
5. Pour the blended liquid through a nut milk bag or fine-mesh strainer over a bowl, pressing the pulp firmly with a spatula to extract all the fresh juice.
6. Stir in the fresh lemon juice to add a bright flavor boost that balances the rich root-vegetable notes.
7. Pour into chilled glasses over ice cubes and serve immediately for maximum freshness and flavor.

## Nutrition Facts (Per Serving – Approximate)

- Calories: 120 kcal
- Fats: 0.5g
- Cholesterol: 0mg
- Sodium: 65mg

- Potassium: 420mg
- Total Carbohydrates: 28g
- Fiber: 6g
- Net Carbs: 22g
- Sugars: 19g
- Protein: 2g
- Calcium: 40mg

## Notes

- Storage Tips: Seal immediately in a glass jar filled to the brim to minimize air space and slow down oxidation.
- Reheating Instructions: Served strictly chilled or over ice; do not heat.
- Allergy Notes: Naturally gluten-free, dairy-free, nut-free, and vegan.
- Flavor Boosts: Add a pinch of cayenne pepper or a few mint leaves for a spicy or refreshing twist.