

FROM THE GROUND UP

ROOT VEGGIES



Raising healthy eaters one taste at a time...

HISTORY & NUTRITIONAL INFO

Hey there, Coyotes! Welcome back to another *delicious* month with **From the Ground Up!** Yes, the sun is shining, it's a beautiful day, and we've got an amazing new juice to share with you today. It's called **Celebrate Your Roots Juice** because it's...well you guessed right, filled with root veggies. What's more, there's a little surprise ingredient just to shake things up.

What fruit or veggies give our juice a golden color? A little hint: they look like the color of the sun! (Carrots and oranges - you guessed it!)

The *surprise* ingredient: have you ever tried a beet? You most likely have seen ruby red beets which are delicious, but they also have cousins that grow in the beautiful shades of.....orange and yellow!

The golden color of the beets gives it to a more **mellow**, **sweeter** flavor. What's mellow you ask? Whoa, wait a minute, you've got to know this kids; your school's in Laurel Canyon! Mellow means a gentle flavor that isn't overpowering. Think relaxing and peaceful. Ah Coyotes, now we can all mellow-out with Celebrate Your Roots Juice together....

Not only is this juice mellow, it's also nutritious! Check out the vitamin count kids:

Golden beets: C, B-6, folate, iron, manganese, and phosphorus.

Carrots: vitamins A, B-6, C, E, beta carotene, calcium, iron, and magnesium.

Oranges: vitamins C, A, B-1, calcium, copper, and potassium.

Ginger: B-6, B-5, potassium, manganese, copper, and magnesium.

So sip along with you friends and savor the flavor! See you next time Coyotes!!

A-WHOO!



Celebrate Your Roots Juice

Ingredients

2 large or 3 small golden or red beets, tops removed

6 whole carrots, tops removed

4 - 6 oranges

2 - 1" pieces of ginger

Directions

Wash the vegetables. Cut the beets into quarters and set aside. Trim the ends of each carrot, then set with the beets. Peel the ginger with a sharp knife (get an adult's help as this can be a risky task). Peel the skin and the white pith off of the oranges.

TO JUICE:

Start with one item at a time into the juicer and be sure to use the tool to cover the top after each item is place in the tube. Place the ginger in the juicer tube and push it down. When it's finished, put in the veggies, then the fruit one at a time. Give the juicer time to finish each item so it doesn't get jammed.

Stir to blend ingredients and ENJOY!



