

# Miracle Drink- Apple, Beetroot and Carrot Juice

What do you get when you mix together apple, carrot, and beetroot juice? You get Miracle drink.

The drink has gained fame by the name, "[Miracle Drink](#)" because the countless benefits it gives to your brain and body is truly a miracle.

This powerful drink was introduced by Chinese Herbalists for the treatment of lung cancer and many other diseases ages ago. But currently, it has gained massive popularity all over the world because of its magical health benefits.

The drink is simple to make all you need is a juicer, apples, carrots, and beetroots. Juice them with their skins on and consume right after making it. Do not store. How many carrots, apples or beets you add to the juice is up to your own taste. You can either add more carrots or increase the number of apples. For best results, try to take them in equal quantities. You can even add lime juice to enhance its taste but do not add sugar.

## Power of Two Vegetable and One Fruit

Packed in this juice are the power of two vegetables and one fruit, all enriched with a plentiful amount of lifesaving antioxidants. Apples contain nutrients like Vitamin A, B1, B2, B6, C, E and K, Folate, Niacin, Zinc, Copper, Magnesium, Potassium, Phosphorus, Iron, Calcium, Sodium, and Manganese. Also, the dietary fibers found in apples are very beneficial for health. Carrots contain a wide variety of vitamins such as Vitamin A, B1, B2, B3, B6, C, E and K, Folate, Niacin and Pantothenic Acid. There are minerals like Potassium, Calcium, Phosphorus, Magnesium and Selenium packed in it. One of the most important components found in carrots is beta-carotene. You can get the best of these nutrients by juicing the carrots. And the heart friendly Beetroots are enriched with nutrients like vitamin A, C, B-complex, potassium, iron, magnesium, and copper. They contain anti-aging agents as well.

With the combined effect of the three, you can get enough nutrients that will not just keep you going through the day but would also have long-term beneficial effects on your health.

