

Fresh Beet Juice-Powdered

This recipe makes 8 cups of pure beet juice or 2 cups of powder.



Ingredients

10 large beets (about 5-6 lbs)

This recipe was contributed by John In Bibs

Directions:

1. Prepare the beets by trimming off the roots and tops, keeping only the healthy stems and leaves. If desired, peel the beets using a vegetable peeler.
2. Wash the stems and leaves well to remove any dirt.
3. Cut the beets into small pieces that will fit into your juicer.
4. Run the beets and stems through a juicer.
5. Mix the beet juice with an equal amount of water. This is important to avoid explosions in the freeze dryer.
6. Add parchment paper to your trays
7. If possible, place your tray in the freezer before pouring to minimize spills. Pour beet juice into the tray. Use stackers to prevent spills and allow easy stacking in the freezer.
8. Freeze until solid
9. Freeze Dry (my cycle time was 40)
10. Beet juice may stick to the tray—use a scraper to remove any residue. Once dried, grind into a fine powder using a food processor or crush with a rolling pin inside a ziplock bag
11. Store in a jar or mylar bags for long term storage

Rehydration:

Add approximately ¼ cup of powder to about 1 cup of water to make juice. This can be added straight to smoothies, or put in capsules.

Notes:

Add beet pulp to smoothies or recipes. Beet juice offers several health benefits, making it a powerful addition to your diet.

Nutritional Value pre ½ cup of pure beet juice

Calories: 29 Protein: 1 g Fat: 0 g Carbohydrates: 6 g Sugar: 4 g Fiber: 1 g