

## ▶ O.N.E.™ Veggie Juice

### List of Ingredients {Yield: 2 servings}

- 1 (11oz) O.N.E.™
- 2 tbsp. of raw beets
- 1 leaf of raw cole leaves
- 1 small glass of orange juice w/o sugar

### Instructions

1. Put all ingredients in the blender. Serve ice cold.

### Nutritional Values Per Serving:

<b>Calories:</b>	65 Kcal
<b>Proteins:</b>	1.07 Grams
<b>Lipids:</b>	0.47 Grams
<b>Carbohydrates:</b>	14.6 Grams
<b>Fibers:</b>	0 Grams

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