

## T E N D I N G the T A B L E

### *Spiced Beet Tonic*

Serves 1

#### INGREDIENTS

1 beet, quartered  
1 orange, peeled and quartered  
½ cup fresh cranberries  
1-2 inches fresh ginger  
¼ cup water  
1 teaspoon raw honey  
1 cinnamon stick

#### PROCEDURE

Run the beet, orange, cranberries and ginger through your juicer. Add the beet juice to a small pot with the water, honey and cinnamon stick. Bring to a simmer. Whisk to combine. Serve warm.