

# Berry Beet Mocktail



## INGREDIENTS

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2 oz Love Beets Organic Beet Juice

5 Oz Ginger kombucha from GT Synergy

Garnish: Blackberries and Mint

## DIRECTIONS

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1. Pour beet juice and ginger kombucha into a glass over ice.
2. Garnish with blackberries and mint. Enjoy!

### Key Takeaways

Beets are anti-inflammatory, support cardiovascular health by boosting the bodies production of nitric oxide, enhance detoxification, support brain health and reduce the risk of cancer.