Figure 1. Preparation of fresh fruit and *B. rapa* juice mixture

1. **B. rapa**
   - Wash in flowing water (thrice)
   - Chlorine disinfection (200 ppm, 10 min)
   - Wash in flowing water (3 times)
   - Cut and remove the roots
   - Wash in flowing water (3 times)

2. **Banana**
   - Peel banana

3. **Commercial 100% pure apple juice**
   - Pour juice into cups
   - Refrigerate to 4 °C

Fresh *B. rapa*, banana, and commercial 100% pure apple juice with an electric mixer at high speed until smooth
- *B. rapa*: 120 g
- Banana: 100 g
- Commercial 100% pure apple juice: 200 g