

ORANGE, CARROT AND GINGER JUICE



INGREDIENTS

- 2 oranges
- 2 carrots
- 1 glass water (200ml)
- 1 tsp grated fresh ginger

METHOD

Scrub and wash the carrots. Cut into pieces and place in a blender. Squeeze the oranges and grate the ginger. • Add all the ingredients to the blender together with the glass of water and blend until smooth.

Tip: Serve immediately and make the most of all the vitamins.

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