



c-bomb juice

Yields one 8 oz juice

ingredients

3 - 4 oranges

OR

1 - 2 grapefruits

OR

1 orange + 1 grapefruit



We all know the proverb "an apple a day,"
but equally an orange could be
recommended.

Oranges contain over 170 different
phytochemicals and more than 60 flavonoids
which make them a must-add to your diet.

True "C-bombs", both oranges and
grapefruit will easily fulfil your vitamin-C
RDA.

method

Pick your citrus fruit combo.

Cut the fruit in halves.

Take out your citrus-juicer and start juicing!

TIP: Spice it up! Try adding some cinnamon, cloves, cardamom or ginger.