



carrot-apple juice

Yields one 8 oz juice

ingredients

4 medium sized carrots
1 green apple



method

Do not peel the carrots. Simply wash them, cut off tips of both ends and chop them into smaller pieces that fit your juicer.

Wash the green apple, leave the skin on and take out the core.

Put everything through the juicer.

Drink straight away to get the most nutrients!