



TODAY'S JUICE

**CARROT,
ORANGE,
LEMON
& GINGER**

TO MAKE YOURSELF A GLASS, JUICE THE FOLLOWING:

- Carrot (large size) - 1 1/2 - remove stem.
- Orange (large size) - 1 - remove peel.
- Lemon (medium size) - 1/2 - remove peel.
- Ginger - 1 knob (fingertip size), remove skin.

NUTRITION FACTS

Carrots are high in beta-carotene, which is beneficial for skin and eye health.

Orange and lemon are particularly high in vitamin C, which is proven to be essential for a healthy immune system.

Ginger is loaded with nutrients and bioactive compounds with incredible antioxidant and anti-inflammatory properties.