

Carrot Ginger Juice



Servings:

2

Prep Time:

5 minutes

Ingredients

- 4 **Carrots**, cut into 1 inch pieces
- 2 **Gala Apples**, sliced
- 2 **Lemons**, juiced
- 2 cups **Water**
- 1-2 pieces **Ginger**, peeled

Method of Preparation

Step 1

Peel and cut carrots into 1 inch pieces.

Add to the blender.

Step 2

Slice the apples, removing the core.

Add to the blender.

Step 3

Add the juice from the lemons and water.

Peel the ginger and add 1-2 pieces.

Step 4

Blend on high for 2 minutes. Add additional water if needed.

Step 5

Using a mesh strainer or cheese cloth, let the liquid drain from the pulp into a measuring cup.

Press down on the pulp, squeezing all of the remaining liquid. Pour over ice and enjoy!