

Carrot / Green Apple Healthy Juicing

JUICES

Ingredients

- 3-4 large carrots
- 2 green apples

Additional *Optional* Ingredients

- 1/2 lemon (for added tang)
- 1-inch piece of ginger (for added zing)
- 1 Figi Apple (to balance out the tartness of the green apples)
- small pinch of salt (to balance out the sweetness of the apple juice)



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Directions

1. Gather Organic Produce
2. Non-Organic please be sure to soak/clean thoroughly to remove all of the pesticides and chemicals.
3. Clean using water, 2-3TBS of Baking Soda, 1 Cup of Distilled Vinegar.
4. Soak 10-15 mins and rinse (20 mins with an extra rinse for Non-Organic)
5. Dice Produce (size depends on the feed opening of your juicer)
6. JUICE & Mix Well

5 BENEFITS of Drinking this Juice

1. Rich in Nutrients
2. Improved Digestion
3. Skin Health
4. Weight Management
5. Antioxidant Power

See Recipes