



Carrot Juice

Autumn

A juice made with carrots, apples and mandarin oranges



Ingredients (one round):

1200 g (8 sticks)	carrots
200 g (1)	apple
120 g (2)	mandarin oranges

Directions:

1. Use a knife to cut off any bruised portions on the carrots. Cut into pieces that fit into your juicer.
2. Remove the core from the unpeeled apple and cut into the same size as the carrots.
3. Peel the mandarin orange and separate into sections.
4. Juice the carrots, apples and oranges in a juicer and pour into glasses.

Tips:

- Drink as soon as possible.