

TINY C

SUPER JUICE: CHANTENAY, APPLE & GINGER

SERVES: 2

PREPARATION TIME: 10 MINUTES

YOU'LL NEED:

- 250G CHANTENAY WASHED AND UNPEELED
- 2 APPLES WITH SKIN - YOU CHOOSE THE COLOUR
- TO ADD A BIT OF ZINGY FLAVOUR ADD 15G FRESH GINGER, UNPEELED AND LEFT WHOLE. ADD THE GINGER BEFORE THE APPLES

WHAT TO DO:

USING A JUICER, FEED THE CARROTS, GINGER (IF USING) AND APPLE INTO THE MACHINE.

MIX WELL AND POUR INTO TWO GLASSES. SERVE IMMEDIATELY, OVER ICE IF YOU FANCY IT.



THIS SIMPLE TO MAKE CARROT, APPLE AND GINGER JUICE IS BURSTING WITH ZINGY FLAVOURS AND IS FULL OF NUTRIENTS.

