

Vitamin boosters

MAKES 1 GLASS EACH

Cold + flu

1 CARROT, 1 APPLE &
A PIECE OF GINGER



Detox

1/4 OF A RAW BEETROOT, 1 CARROT,
1 APPLE & A HANDFUL OF MINT



Energy

1 ORANGE, 1 PIECE OF GINGER &
A HANDFUL OF PINEAPPLE

