

Find Your New Favorite

Carrot & Ginger Juice

INGREDIENTS

2 medium Rainbow Carrots (peeled)

1/2 in. Ginger (peeled)

1/4 Pink Lemon (peeled)

Water as needed to preferred consistency

BENEFITS OF CARROT AND GINGER JUICE

- Juicing brings out the natural sweet flavor of carrots, which are a great source of carotenoids that are turned into vitamin A by the body.
- Vitamin A not only supports normal vision, but it's also important for immune and reproductive health.
- Ginger can help reduce occasional bloating and gas. It also contains antioxidants which can help protect your cells from damaging impacts of exposures like sunlight and air pollution.

