

Turmeric Ginger Orange Juice

Ingredients:

- 1 apple
- 1 large orange
- 1-2 inches ginger
- 1-2 lemons
- 2-3 cups shaved carrots
- 1 tbsp turmeric
- 1 teaspoon black pepper

Instructions

1. Finely chop up apple and ginger
2. Peel orange and break into slices
3. Put ingredients in a large blender or food processor
4. Add shaved carrots
5. Pour in cold water and blend the ingredients, continue adding water until ingredients blend
6. Add lemon juice, turmeric, and pepper. Blend the ingredients in
7. Put a fine strainer (cloth strainer works best) over a bowl. Pour the mixture into the strainer and allow the juice to fill into the bowl. Squeeze out as much juice as possible, until the inside of the cloth is dry
8. Pour mixture from bowl into a glass; store in the fridge and enjoy!

