



IT'S A CLASSIC
SPRING
INTO SPRING
JUICE RECIPE



SPRING INTO SPRING JUICE RECIPE

Spring is the perfect time to detox the system and get ready for the summertime - And what better way to start than with a classic spring juice recipe. By simply juicing seasonal fruits and vegetables, you can consume plenty of nutritious food than you could most likely eat all at one time.

SERVES 4 INGREDIENTS

4 blood oranges (peeled)
or Valencia oranges (depending on
availability)
10 large carrots
2 Inch of Fresh Ginger (peeled)
Stalks of rosemary to serve
sprinkling of chia seeds

METHOD

1. Simply throw oranges, carrots and the fresh ginger into a juicer.
2. Once blended sufficiently serve with a stalk of rosemary for garnish and a sprinkling of chia seeds.