

Carrot Juice

served cold

Ingredients:

- 1 cup Orange Juice
(Freshly Squeezed)
- 2 Large Organic Carrots
(Washed, Peeled &
Chopped)
- Ice (If Desired)



Prescribing Produce
TO PREVENT DISEASE
SAN ANTONIO!

Method:

1. Combine the orange juice and carrots in a high powered blender. Add ice if desired.
2. Blend until smooth.
3. Serve and enjoy

Storage:

Store drink in refrigerator for a week. **Carrots can keep in the refrigerator for up to three months.



How To Use:

- Serve with Meal
- Add to Sparkling Water



Health Benefits:

Vision, Immunity & Heart Health;
Lowers the risk of some cancers.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 1

Amount Per Serving

Calories 90

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 0mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 5g **20%**

Sugars 15g

Protein 2g **4%**

*Percent Daily Values are based on a 2,000 calorie diet.