

Carrot and ginger juice

The flavours of carrot and ginger suit each other well.

Ginger is slightly hot and spicy and lifts the earthy flavour of carrot.

Ginger is also very soothing for a sensitive gut. Juicing fruit concentrates the nutrients and the natural sugars present in the carrots so it is important to dilute the juice with a little water.

The bright orange colour is due to the rich quantities of beta carotenes present in carrots.



Ingredients

Serves 4

- 300g carrots, washed, peeled and roughly chopped
- 60g ginger
- 1 tbsp fresh lemon juice
- 200ml ice cold water

Method

Squeeze one tablespoon of lemon juice into the bottom of a jug. This will stop the carrot juice from discolouring.

Feed the carrots through the juicer and collect the juice in the jug containing the lemon juice.

Feed half of the ginger through the juicer and taste the juice at this point to check the flavour is to your liking. Add more ginger as you prefer.

This quantity of carrots and ginger should make about 200ml juice.

Dilute this juice with equal quantities of cold water and serve.