

Carrot Ginger Juice

Carrots and Ginger – a winning combination in my book. I love the sweetness of carrots combined with that classic zing of ginger in juices, soups, and sauces. Carrots are high in beta-carotene (a powerful anti-oxidant), and Vitamin A (an immune system regulator). Carrots are full of carotenoids, which are red, yellow, or orange-colored compounds found in many edible plants. Studies indicate that a diet high in carotenoids can lead to a reduced risk of cancers, so carrots are one of Earth's healthiest foods. Combined with ginger, a powerful anti-inflammatory, anti-microbial, and anti-bacterial, this juice is a powerhouse full of goodness any time of day.

Yields 16 oz juice, approximately 1 cup pulp **NMB BL**

Ingredients:

½ medium lemon peeled

4 large celery stalks

1 medium apple

2 large carrots

Thumb-sized knob of ginger

optional: ½ cup water

Directions:

Rough chop (see Glossary) the lemon, celery, apple, and carrots into medium pieces (approximately 1 inch). Place all ingredients in high speed blender in the order they are listed. Blend smooth (about 1 minute cycle). The plunger may be needed to get things started. Strain blended mixture through a ***More than a Nut Milk Bag***, easily 'milking' the pulp and catching the juice in a bowl or pitcher. Serve immediately. Save the pulp for use in other recipes. (Example: Carrot Ginger Crackers on page 61)

Pulp can be refrigerated for 3 days or frozen for up to 1 month.