

Cool & clean fresh power juices



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Orange, carrot, mango & turmeric juice

Prep 10 mins | Serves 1-2

3 Valencia oranges

1 medium carrot, peeled and chopped

½ just-ripe mango, peeled and flesh chopped

1 tsp grated fresh turmeric*

½ cup ice

Juice the oranges to make 1 cup juice. Blend orange juice, carrot, mango and turmeric in a high-speed blender until smooth. Add ice and blend until crushed. Pour into a glass and serve.

**wear rubber gloves to peel and grate the fresh turmeric as it stains.*

Super green spinach, pear, mint & lime juice

Preparation 5 mins | Serves 1-2

½ cup mint leaves

1 firm small Williams pear, chopped

1 cup firmly-packed spinach leaves

1 cm piece ginger, roughly chopped

1 lime, juiced

¾ cup chilled coconut water

½ cup ice

Blend mint, pear, spinach, ginger, lime juice and coconut water in a high-speed blender until smooth. Add the ice and blend until crushed. Pour into a glass. Serve.

Beetroot, green apple, ginger & mint juice

Preparation 5 mins | Serves 1-2

2 small beetroot (about 100g), trimmed, peeled and roughly chopped

1 Granny Smith apple, chopped

2 cm piece ginger, peeled and chopped

⅓ cup mint leaves

¾ cup chilled coconut water

½ cup ice

Blend beetroot, apple, ginger, mint and coconut water in a high-speed blender until smooth. Add the ice and blend until crushed. Pour into a glass and serve.