THE LIGHTER PLATE METHOD

Carrot, Orange & Ginger Juice

Sweet, sunny and sharp, with ginger cutting through the carrot.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**2**	**EASY**

Ingredients

- 4 carrots (roughly chopped)
- 3 oranges
- 3 cm piece fresh root ginger
- 0.5 lemon
- ice, to serve

Method

1. If using a juicer, feed the carrots, ginger and peeled oranges through and stir in the lemon juice.
2. Without a juicer, blitz the carrots and ginger with the juice of the oranges and 100ml water until as smooth as the blender will manage, about 1 minute.
3. Strain through a fine sieve or a clean tea towel, squeezing hard to extract everything.
4. Sharpen with the lemon juice and serve over ice.

Tips & swaps

- No juicer needed, but you must strain properly; a clean tea towel squeezed by hand gets far more liquid out than a sieve alone. Best drunk within an hour.

Storage & reheating

Best drunk within an hour of making.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
100	**2g**	**23g**	**0g**	**3g**

Estimated values, for guidance only.