Passion Fruit & Rocket Anti-Stress Juice

An unusual but genuinely pleasant combination — rocket's peppery edge disappears into sweet passion fruit and orange.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 0.5 glass rocket leaves
- 1 passion fruit (pulp or juice)
- 1 tbsp honey
- 1 orange (juiced)
- water (to loosen)

Method

1. Blend the rocket, passion fruit, honey and orange juice together.
2. Drink without straining.

Tips & swaps

- Start with a small handful of rocket if you're unsure — it's stronger than spinach.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
100	**1g**	**24g**	**0g**	**2g**

Estimated values, for guidance only.