THE LIGHTER PLATE METHOD

Turmeric, Orange & Carrot Shot

One sharp, vivid mouthful to knock back before breakfast.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**4**	**EASY**

Ingredients

- 2 carrots (roughly chopped)
- 2 oranges
- 1 tsp ground turmeric
- 0.5 lemon
- 1 pinch black pepper

Method

1. Blitz the carrots with the juice of the oranges and 50ml water for a full minute.
2. Strain through a fine sieve or clean tea towel, squeezing hard.
3. Whisk in the turmeric, the lemon juice and the black pepper.
4. Pour into four small glasses and drink in one.

Tips & swaps

- Make it in one go and keep it in a small bottle in the fridge for up to three days; shake before pouring, as the turmeric settles.

Storage & reheating

Keeps in the fridge for up to 3 days; shake before drinking.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
45	**1g**	**10g**	**0g**	**1g**

Estimated values, for guidance only.