

Nanna's Carrot Juice

Serves: Makes about 4 cups

Ingredients:

- 4 medium carrots
- 5 medium green apples
- 1 cup of pineapple
- 2cm, $\frac{3}{4}$ inch piece of ginger
- A handful of chopped mint

Method:

Use juice extractor to make the juice, following manufacturer's instructions.

Before juicing, wash the carrots and apples thoroughly.

If the apples have been waxed, you should peel them before juicing.

Cut the apples, carrots and pineapple to fit the juicer. Peel the ginger. Push all ingredients through the juicer using the safety plunger.

Combine juices in a large jug and add a handful of mint.

Refrigerate before serving.

Yum!

