

## **Healthy Glow Boosting Carrot Juice**

***This super healthy and easy to make glow boosting juice is a great way to give your health an overall boost.***

***Carrots, oranges and apples are a winning combination for helping the body protect itself and fight off infections.***

*Apples and carrots contain Vitamin C which has a ton of healing properties that can help you get over colds or even prevent them and it reduces inflammation. Vitamin C also helps fight free radicals to prevent your skin from aging and assists in collagen production.*



### **Ingredients**

- 2 large Carrots
- 2 green apples
- 2 oranges

### **Optional**

- You can add a small piece of ginger and or lemon (they are great if you are feeling under the weather)
- Add other superfoods like chia seeds or wheat germ if you wish to

### **To make the juice**

- Wash all your ingredients well and cut them into small chunks
- Blitz them in your juicer or blender
- Pour out into a glass of your choice and enjoy!

This makes about 3 servings