

Carrot and Orange Juice

Ingredients

- 3 medium carrots, scrubbed and chopped
- 2 large oranges, peeled and segmented
- ½ inch fresh ginger, sliced (optional)
- Cold water as needed, ice to serve

Instructions (blender)

1. Add carrots, oranges, ginger, and ½ cup cold water to the blender.
2. Blend on high until very smooth, 60–90 seconds.
3. For a classic juice texture, strain through a fine sieve or nut-milk bag; press to extract. Add ice.
4. Taste and adjust with a squeeze of lemon if you want more brightness.

Juicer

Run carrots, oranges, and ginger through the juicer; serve over ice.