

Gingery Carrot-Orange Juice

Serving Size 1 1/4 cups

Servings 2

Prep Time 5 minutes

Cook Time 0 minutes



Nutrition Information

Calories	107
Fat	0.5 g
Protein	2 g
Carbs	25 g
Sodium	53 mg
Saturated fat	0 g
Fiber	2 g

Health Benefit

[Gluten-Free](#)

Give yourself a morning boost with this bright and zesty breakfast beverage

Ingredients

4 [oranges](#)

4 [carrots, chopped](#)

1/2 cup [ice](#)

1/2-inch piece [fresh ginger, roughly chopped](#)

Directions

1. Put orange juice, carrots, ice, and ginger into blender. Blend on high speed until smooth, about 1 minute. Serve juice as-is, or strain through fine-mesh strainer to remove pulp before serving.
2. Handy Hint: Peel ginger with a spoon, rather than a vegetable peeler, for less waste.