Cleansing Carrot, Apple and Ginger Juice.

**Equipment**
- Chopping board
- Cooks knife
- Juicer

**What to do**
1. Cut up veg into small pieces. (No need to peel)
2. Turn juicer on before adding fruit and veg.
3. Pour into glasses (only half way).

**Ingredients**
- 1 kg juicing carrots
- 500g pink lady or granny smith apples
- Small knob of ginger
- 1 lemon or lime (juiced)