

# ORANGE BOOSTER

winter, health, antioxidant, **Vitamin A**

For  
**4**  
Glasses

## Ingredients:

4 carrots  
4 oranges  
1 thin slice of ginger  
ice cubes

**Preparation:** Wash the carrots scraping them with a brush but do not peel. Peel the oranges. Process the oranges, ginger and carrots in the J 80 Ultra/J 100 Ultra centrifugal juicer.

Pour into 4 glasses. Add ice cubes and serve chilled.

*Decoration: serve with a slice of orange and an olive.*

**Benefits:** Carrot juice, very rich in beta-carotene, is excellent for the eyes and the skin.

**Robot-Coupe tips:** The Ultra juicer can process carrots whole 2 - 3 at a time. Always peel oranges to avoid their bitterness. The Ultra juicer can process them whole.

