

# A CLASSIC

winter, tonic, economic, health

For  
**3**  
Glasses

## Ingredients:

4 carrots  
3 apples (medium-size)  
1 lemon

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

Shake well and serve.

**Benefits:** Apples, rich in vitamin C, help reduce cholesterol.

**Another idea:** Replace apples with pears.

**Robot-Coupe tips:** With the Ultra centrifugal juicer there's no need to cut up the apples or remove their cores. Use Golden apples which are the juiciest.

