

one VEGETABLE
ONE community



of Servings 1

Serving Size 12 oz

Carrot Recipe Name Just Get Energized

Ingredients

Organic if possible
2 medium carrots
2 oranges
2 apples
1 large sweet potato

Directions

Wash all produce
Peel carrots and sweet potato
Core the apple
Peel the orange - keep as much of the white as you can
Add all ingredients to your juice or high-speed blender

Submitted By (your name) Jami Nelson

Community / City Brainerd, Baxter, Nisswa



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