



## Anti-Cancer Carrot Juice Recipe

*By: HealingStrong*

Prep time:	15 min
Cook time:	2 min
Serves:	1

### Ingredients:

- 3 organic carrots washed, tips cut off
- 1 organic lemon (peeled) (Use  $\frac{1}{3}$ )
- 1 organic green Granny Smith Apple
- Handful of organic greens (can use spinach, swiss chard, kale)
- 1 thumb size of ginger

### Directions:

- Wash carrots and scrub with clean brush (only used for vegetables)
- Peel lemon and cut into  $\frac{1}{3}$ .
- Wash Apple
- Wash thumb size of ginger
- Wash greens

Start your juicer and begin to add in this suggested order:

- Apple, then add greens on top of the apple
- Then juice carrots with  $\frac{1}{2}$  lemon, and ginger
- Stir, and enjoy