



Energizing Juice

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

YIELD : 415 ml (1 2/3 cups)

PREPARATION: 15 MINUTES

INGREDIENTS

- 2 organic* carrots with peel (about 170 g)
- 70g beetroot, peeled
- 150g snow peas
- 1 orange, peeled (about 180 g)
- 1 red mango, peeled and cubed (about 150 g)
- 1 organic Gala apple with peel (about 100 g)
- 5g fresh ginger, peeled

PREPARATION

1. Clean the fruits and vegetables thoroughly and put through the juice extractor. Enjoy.



A juice that bears its name... a burst of flavor and incredibly invigorating!

TIP

* If your carrots and apple are not organic, it is best to peel them. For the healthiest juice possible, of course prioritize the use of organic fruits and vegetables.