

Here you have the **recipe No.3!**



This juice contains ingredients such as lemon, green apples, carrot, ginger and turmeric with detoxifying and anti-inflammatory properties.

Quantity: 1 litre

Cooking tools: Blender + filtering bag or juice extractor

Ingredients:

- 1 squeezed lemon
- 2 Green apples, peeled and chopped
- 1/2 liter of water or coconut water
- 1 carrot, chopped
- 1 tsp of ginger, peeled and chopped
- 1 turmeric root, peeled and chopped

Method:

1. Place all the ingredients in the blender and blend.
2. Take a bowl with filtering bag, pour the contents and extract the juice.
3. Add juice into a glass and enjoy!