

CARROT, ORANGE, GINGER AND TURMERIC JUICE

Combine all the ingredients in a high-powered blender and blend until smooth, or pass through a juicer. Strain the juice through a sieve and chill in the fridge for 10 minutes.

Serves 2

2 oranges, peeled
4 carrots, peeled and chopped
2,5 cm piece turmeric root, peeled and chopped (or a pinch of ground turmeric)
2,5 cm piece ginger root, peeled and chopped
50 ml honey

GREEN JUICE

Wash whole fruit and vegetables under clean running water. Cut into thumb-size pieces. Pass all the ingredients through a cold-press juicer. Use a vegetable juicer if you do not have a cold-press juicer and then pass it through a fine sieve to remove all small fibres. Pour into a jug or into glasses and serve cool. Juice can be refrigerated for up to 6 hours.

4 glasses

12 green apples, cored
2 cucumbers, ends trimmed
1 lemon, peeled and pips removed
12 celery sticks
120 g ginger, peeled

