



Smoothie

**Ingredients**

- 2 carrots
- 3 cm ginger
- 2 tsp Green Mix
- 1/2 tbsp lucuma powder

## Carrot & ginger

**Preparation**

1. Place 2 carrots and 3 cm ginger in a juicer. If you don't have a juicer, use organic carrot juice and mix the ginger with a hand blender.
2. Stir in 2 tsp Green Mix. If desired add 1/2 tbsp lucuma powder.

**Hungry for more?**

Find our delicious recipes on [www.purasana.be](http://www.purasana.be) or in our book **Become A Super Food Chef.**