

Carrot Drink

Ingredients:

- 3 Medium to large carrots tops and root ends trimmed
- ¼ inch piece of fresh ginger
- 1 McIntosh apple, cut into quarters



Nutrition Facts

Serving Size 8 oz (227g)
Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 26g **9%**

Dietary Fiber 6g **24%**

Sugars 16g

Protein 1g

Vitamin A 410% • Vitamin C 20%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Juice carrots, ginger and apple. Pour into a glass and serve