

# Manuka Orange and Carrot Juice

**EASY • 15 MINS** 

Fresh, zingy and bursting with flavour, this vibrant juice delivers immunity-boosting Vitamin C, carotenoid antioxidants and the bioactive properties of Capilano Manuka honey. A fresh and energizing superfood sip!



**SKILL LEVEL**Easy

PREP TIME 15 mins **SERVINGS** 

2

# Ingredients

- 1 tbsp Capilano Active Manuka Honey
- 4 Oranges, peeled and halved
- 3 Large carrots

# Method

- 1. Juice oranges, carrots and ginger in a juicer.
- 2. In a small bowl, combine manuka honey and 1-2 spoonful's of juice, to dissolve honey into mixture. Add back into juice and mix well.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!



- 5cm piece fresh ginger, peeled and roughly chopped
- Juice ½ lime

## Method

3. Divide juice between two glasses and serve immediately.

#### Used in this recipe



### **Active Manuka Honey**

Nature's Sweet Superfood
Made by some of the world's healthiest bees\*
this special blend of Australian Manuka and
floral honey is independently tested and
certified to contain a minimum of 30mg of
Methylglyoxal (MGO), the key compound that
makes Manuka so special. The higher the MGO,
the more potent the honey's activity.

#### Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties.

Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

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