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	PREP TIME	SERVINGS
Easy	15 mins	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.

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- 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*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). 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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