



# 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 Manuka Honey](#)
- 4 Oranges, peeled and halved

## 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 [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilano](#) on Instagram or Facebook and you could be featured on our page!



- 3 Large carrots
- 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



### AUSTRALIAN MANUKA HONEY Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

#### 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 Australian Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

Visit [capilano-honey.com.au](http://capilano-honey.com.au) to learn how to swap honey for sugar in your recipes.

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