

Anti-Inflammatory Juice Recipe

Ingredients (1 serving):

- 3 organic carrots, scrubbed
- 1 orange, peeled
- 1 organic cucumber, washed
- 1-inch piece of ginger, washed
- ½ tsp cinnamon powder

Instructions:

For Juicer:

1. Place the carrots, orange, cucumber, and ginger into a juicer and juice.
2. Add the cinnamon powder to the juice and whisk well.
3. Transfer the juice to a glass and enjoy.

For Blender:

1. Blend the carrots, cucumber, orange, and ginger with ¼ cup water (less if the orange is very juicy).
2. Strain the juice through a fine mesh strainer or nut bag to remove pulp.
3. Add the cinnamon powder and whisk well before serving.

Nutritional Breakdown (Per Serving):

- **Calories:** 130 kcal
- **Protein:** 2 g
- **Fat:** 0.5 g
- **Carbohydrates:** 32 g
- **Fiber:** 6 g
- **Sugar:** 20 g
- **Vitamin A:** 530% DV
- **Vitamin C:** 140% DV
- **Potassium:** 500 mg
- **Calcium:** 8% DV