

# CARROT FRESH: SMOOTHIE 5

*Makes about 1 2/3 cups*

YOU NEED 1 carrot • A pinch of cayenne pepper • 6 clementines, peeled  
1 lime, peeled • 2 celery stalks • 1/4 cucumber

Add all of the ingredients to the blender with 1/3 to 1/2 cup of filtered water. Blend until smooth, then pour into a sieve set over a bowl. Help the juice through by pressing gently with a rubber spatula or wooden spoon.

This is good for boosting circulation and energizing the heart.

*Vitamin Enhancing    Metabolism Boosting    Anti-inflammatory*

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