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CARROT FRESH: SMOOTHIE 5

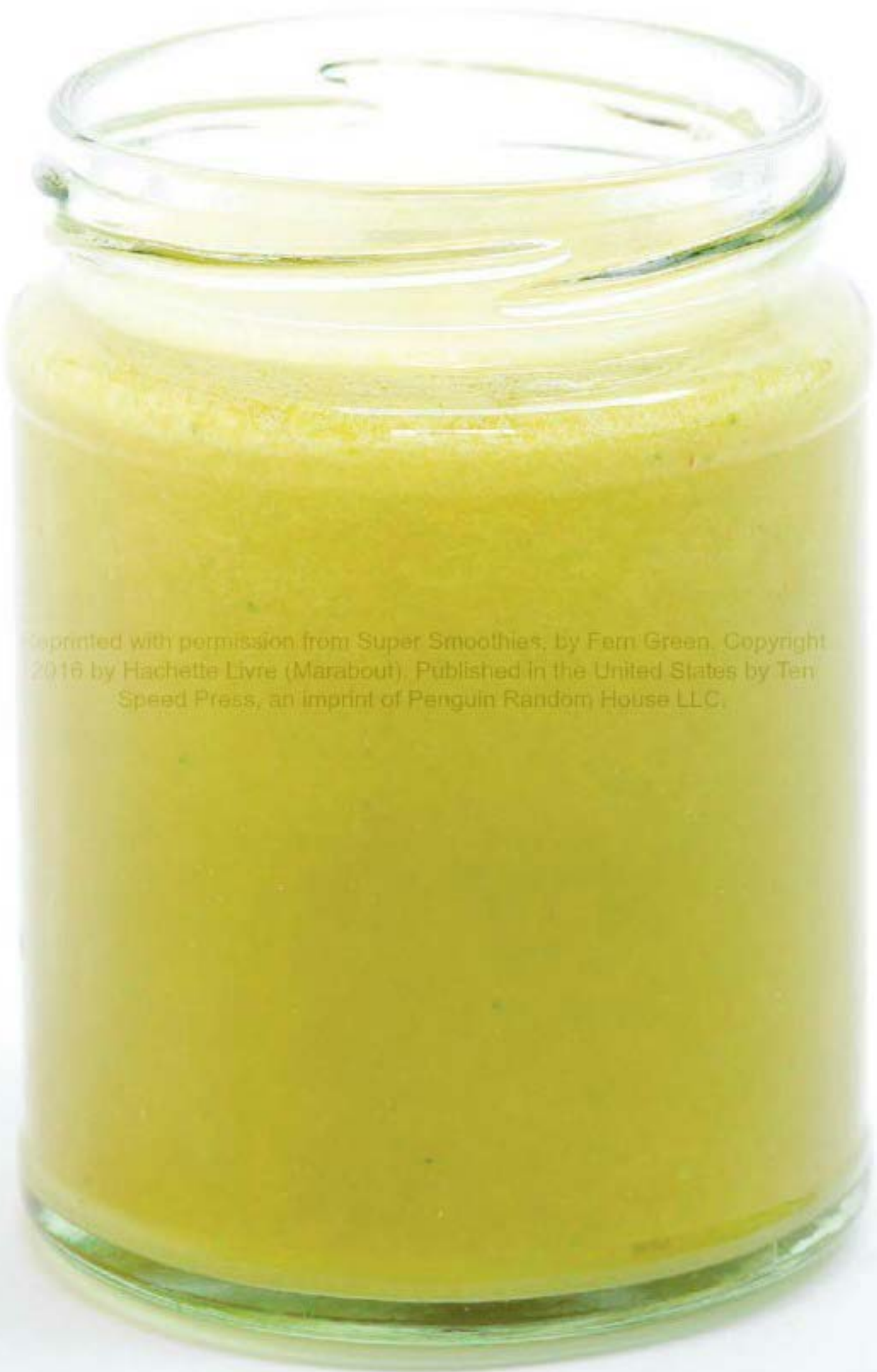
Makes about 1 2/3 cups

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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