

Sunshine Juice

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Swick

Chef's Notes

For the best results, use fresh organic fruits and vegetables whenever possible.

Step 1: Preparing the Juice

- 4 large oranges
- 8 carrots
- 2 sweet potatoes

This recipe makes enough for two 16-ounce servings.

To prepare the juice, first peel the oranges. Then wash the carrots and sweet potatoes (no need to peel them).

Put all of the ingredients through a juicer. Serve immediately.