



## Morning Zinger

For a wide awake taste, this will give you a great start to the day. All these ingredients will help to boost your circulation.

### INGREDIENTS

1 apple,  
1 orange  
1 large carrot. peeled  
2.5cm piece fresh ginger peeled  
300ml unsweetened orange or apple juice  
3 tbsp Canderel granules

### STEP BY STEP

- 1 Quarter the apple and remove the core, remove all the peel and pith from the orange, roughly chop.
- 2 Chop the carrot then put all the ingredients into a blender and whizz until very smooth.

### BEFORE YOU BEGIN

Serves  
2

Time  
preparation: 10 minutes  
cooking: 0

Per serving  
124kcal

Difficulty level

