

# let's juice



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DELIVERING TO YOU FROM NORTH BYRON

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According to the Mayo Clinic, by drinking freshly made juices your body absorbs nutrients in the most effective way and it gives your digestive system a well deserved break.

It is said that juicing can reduce your risk of cancer, boost your immune system, help remove toxins from your body, aid digestion and help you lose weight.

What we know for sure is fresh organic juices give you a burst of energy and sets you up with a great mindset for the day ahead.



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# let's juice

our top juice recipes  
straight from the  
farm...

## BIG RED

- 1- 2 med beetroots
- 6 carrots
- 2 medium apples
- 1/2 lemon
- 2 oranges
- 1 chunk of ginger or galangal



  
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## THE GREEN GODESS

2 small cucumbers  
6 leaves of kale  
3 stalks of celery  
2 large cucumber  
1/2 lemon  
2 medium apples  
2 chunks of ginger or galangal  
Sprig of mint



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## THE BIG O

8 carrots

2-3 oranges

1-2 chunks of ginger or galangal

1 chunk of turmeric (leave out if using galangal)

5 large carrots

2 medium apples



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juice

**KEEP IT  
ORGANIC  
KEEP IT  
FRESH**

fresh seasonal  
juicing boxes  
available @

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