



60 Days to Reclaim YOUR Health

TOMATO CARROT JUICE

This recipe is from the Blendtec recipe book that you receive when you purchase a Blendtec blender.

Ingredients

- 1/4 cup water
- 1 medium tomato, peeled and halved
- 1 medium carrot cut into 3-inch pieces
- 1/2 cup broccoli
- 1/2 cup ice

Directions

Place ingredients in jar and secure lid. Select the Whole Juice cycle on the Blendtec blender. Blend until smooth.