



Recipes

Juices/Teas

Carrot Punch

Prep Time: 10 minutes

Cooking Time: None

Yield: 4-6 servings

Ingredients:

- 1 lb carrots, finely grated
- 2 cups soy or rice milk
- 2 cups water
- 1/2 teaspoon nutmeg (freshly grated if possible)
- 1 teaspoon rose water (optional)
- Agave nectar to taste (optional)

Directions:

1. Add all ingredients in blender.
2. Blend until smooth and enjoy!