



# BUNNY *Juice*



## Ingredients

- 20 organic carrots (skin on)
- 2 organic green apples (skin on)
- 1 lemon (rind off)
- 1" piece of ginger (peeled)



## Directions

Place all ingredients in a juicer (not a blender).  
Serve and enjoy immediately!



## Notes

- **Ginger** - can reduce inflammation in the body and help with nausea
- **Lemon** - one lemon contains over half the amount of vitamin C needed daily.
- **Carrots** - the quantity in Bunny Juice fulfills the daily requirement for vitamin A (for vision health)
- **Green Apples** - contain many important minerals for overall health, such as iron, potassium, zinc and copper.

