



[Carrot Ginger Juice Power Punch](#)

Recipe found on AnnsEntitledLife.com

Prep Time: 5 Minutes

Total Time: 7 Minutes

Ingredients:

- 2 large Carrots
- 1 cup Orange Juice
- 1 tsp Ginger (or a small sliver if using raw ginger)
- 1 tsp Cinnamon (or Nutmeg)

Directions:

- Add the carrots to the bottom of your blender, then add orange juice, ginger and cinnamon.
 - Mix on high for one minute. Check to be certain the carrots are blended.
 - Blend for another minute if the carrots are not fully blended
 - Pour into a tall glass, and enjoy.
- Makes 1 Carrot Ginger Juice Power Punch

Carrot Ginger Juice Power Punch Add-ons

Use this Carrot Ginger Juice Power Punch as a base and add in other one or more of these items to increase its powerful punch performance, and vary the taste:

- 1 scoop [Protein Powder](#)
- 1 cup Spinach
- 2 Kale leaves
- 1 Celery stalk
- ½ Banana
- ½ Apple
- ½ Pear

Carrot Ginger Juice Power Punch Mise en Place:

- [Measuring Cup](#)
- [Measuring Spoons](#)
- [Blender](#)