

Recipe

CARROT CANTALOUPE JUICE



► ► Vegan, raw, gluten-free, oil-free, soy-free, refined sugar-free, nut-free

Yield: 3 cups

Prep Time: 10 min

Total Time: 10 min

INGREDIENTS

1/2 medium cantaloupe, peeled, seeded
5 medium carrots

DIRECTIONS

Place the ingredients one by one through a juicer. Enjoy immediately.

SADIA BADIEI

Registered Dietitian

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