



## Manuka Orange and Carrot Juice

EASY • 15 MINS

Fresh, zingy and bursting with flavour, this vibrant juice delivers immunity-boosting Vitamin C, carotenoid antioxidants and the bioactive properties of Capilano Manuka honey. A fresh and energizing superfood sip!



**SKILL LEVEL**  
Easy

**PREP TIME**  
15 mins

**SERVINGS**  
2

### Ingredients

- 1 tbsp [Capilano Manuka Honey](#)

### Method

1. Juice oranges, carrots and ginger in a juicer.

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- 4 Oranges, peeled and halved
- 3 Large carrots
- 5cm piece fresh ginger, peeled and roughly chopped
- Juice ½ lime

## Method

2. In a small bowl, combine manuka honey and 1-2 spoonful's of juice, to dissolve honey into mixture. Add back into juice and mix well.
3. Divide juice between two glasses and serve immediately.

## Used in this recipe



### AUSTRALIAN MANUKA HONEY

#### Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

#### Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's Australian Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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