



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 Active Manuka Honey
- 4 Oranges, peeled and halved
- 3 Large carrots

Method

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

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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- 5cm piece fresh ginger, peeled and roughly chopped
- Juice ½ lime

Method

3. Divide juice between two glasses and serve immediately.

Used in this recipe



Floral Manuka Honey

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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