



Aloe juice

10'
Hands on

4
Portion(s)

1
Difficulty



Ingredients

- orange juice, of 3 medium oranges
- 1 red apple
- 3 carrots
- 50 g aloe vera juice

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|--------------------------|----------------------|-----------------------------|----------------------------|
| 58 Calories (kcal) | 0.0 Total Fat (g) | 0.0 Saturated Fat (g) | 12.0 Total Carbs (g) |
| 3% | 0% | 0% | 5% |
| 11.0 Sugars (g) | 0.7 Protein (g) | 0.0 Fibre (g) | 0.03 Sodium (g) |
| 12% | 1% | 0% | 1% |

Method

- In a blender, add the orange juice.
- Peel and core the apple. **Cut** it into pieces and add to the blender.
- Peel the carrots and add them to the blender with the aloe juice.
- Beat with the blender until all the ingredients are homogenized.
- Serve in glasses.