



Apple, carrot and pear juice

Ingredients (serves 1)

- 1 pear
- 1 apple
- 1 carrot
- Lemon

Method

1. Peel and remove the seeds from the apple and pear and cut into slices.
2. Peel and cut the carrot.
3. Juice the fruits one at a time.
4. Stir, add a few drops of lemon juice, and serve.