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JOYA® IMMUNE-BOOSTING FRUIT SHOT

Makes about 500 ml (4 portions)

Combine the sweetness of Joya® Apples with carrots and ginger for an immune-boosting start to your day. Enjoy as part of a healthy breakfast.

Ingredients:

- 3 Joya® apples in the skin, cubed
- 1-2 medium carrots, coarsely grated
- 3-4 slices of fresh ginger or to taste
- 250 ml (1 cup) orange juice or water
- 125 ml (½ cup) strong Rooibos tea or water
- A pinch of cayenne pepper or to taste

Method:

1. Place apples in a jug and blend with a stick blender to a coarse mixture. Add the remaining ingredients and blend well. Alternatively, blend in a liquidiser. The mixture can be thinned down to your preference with more water, orange juice or tea.
2. Pour into small glasses and serve. Refrigerate any leftovers for the next morning.

Chef's Tip:

Prepare this shot in a juicer and stir in the orange juice, water or Rooibos tea at the end.