



Juice of the imagination

Difficulty: Easy
Type: Drink
Serves: 30 tastes

From the garden: Carrots, celery & fruit.

Equipment:	Ingredients
Chopping boards and mats Cooks knives Peelers Electric juicer 4 serving Jugs	Carrots Celery Apples Oranges Lemons

What to do:

1. Choose the fruits and vegetables you wish to use, be sure to have both fruits and vegetables in your juice.
2. Thoroughly wash and peel the produce if needed.
3. With the help of your parent helper, run all of your prepared fruits and vegetables through the electric juicer until you have approximately half filled your serving jugs.
4. Mix each jug with a wooden spoon and serve.