



## Super skin summer booster

Serving: 1

Veg

### *Ingredients*

- -1/2 apple
- -1 orange, halved and peeled and seedless
- -1 small carrot
- -1/4 cucumber, peeled
- -1' piece of ginger
- -1/4 lemon, peeled
- -water, to dilute if needed
- -healthy sweetener of choice, to taste ( Use stevia )

### *Preparation Method*

- -Juice them all!
- -Add water if you think the juice has to be diluted.
- -Also, add healthy sweetener of choice ( Stevia)
- -Prefer it just as it is, without sweetener, as it is already sweet enough. Enjoy!