



## Carrot Juice

This healthy juice is packed full of nutrients, refreshing, simple, and tasty. If you want to know how to make carrot juice in a blender with no need for a juicer, you are in the right place.

### Ingredients

- Carrots
- Sugar or honey
- Water
- Ice

### Procedures

1. Scrape the outer skin or wash the carrots thoroughly to get rid of any dirt.
2. Cut and add carrots in a blender or food processor then add in water and honey or sugar.