

Juicy Vitamin C Smoothie

Our Camu Camu is a wonderful natural, organic source of Vitamin C, which contributes to the reduction of tiredness and fatigue. Try this refreshing and easy to make smoothie, the fresh ginger adds a real zing!

3 medium carrots, washed

2 pears, cored

½ lemon

2 cm piece of fresh ginger (peeled)

Top tip: try The Ginger People's organic ginger juice

½ tsp of Greens Organic Camu Camu

Place ingredients into a blender and process until smooth, pour and enjoy!

