

Carrot juice and Cream

Ingredients:

1. 500g Carrots, peel if not organic.
2. 2 x Tbsp raw cream/coconut oil
3. Pinch Himalayan rock salt

Preparation:

1. Juice the carrots with a gear or auger juicer.

Note:

Fast speed juicers are inefficient (poor juice yield) in extracting juice and they oxidise and denature nutrients in the juice before it is consumed.

2. Stir in the cream and the rock salt.

“Cream added to carrot juice helps the body to convert carotene efficiently into vitamin A (retinol). This remedy is used with success in European clinics for the treatment of cancer, psoriasis and many other diseases. Use only the best quality cream you can find – preferably raw but never ultra pasteurised.” *NOURISING TRADITIONS, p 609, Sally Fallon*

Enjoy it &



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