

Flu Fighter Juice

6 medium carrots juiced
1 red bell pepper juiced
2 square inch piece of ginger root juiced
9 stalks of green onions juiced
¼ tsp. kelp powdered

Using a juicer, send each of the washed and cut pieces of vegetables through. In a blender add the juice and ¼ tsp. kelp to blend it thoroughly into the juice.

It's a zippy and delicious carrot juice with a nice aftertaste. Enjoy!

Recipe by Kelly Pomeroy