

Bright Wisdom Juice

A vibrant and refreshing juice blending the natural sweetness of carrot, peach, cantaloupe, mango, and melon with a zesty kick of lemon and ginger. Perfect for a nourishing boost full of vitamins and bright flavors.


10 min

Total time

Easy

Difficulty

150

kcal / serving

Ingredients

- 1 medium carrot
- 1 ripe peach
- 1/4 cup cantaloupe, cubed
- 1/4 cup mango, cubed
- 1/4 cup melon (honeydew or similar), cubed
- 1/2 lemon, juiced
- 1/2 inch fresh ginger, peeled
- 100 ml cold water (optional)

Steps

- 1 Wash and peel the carrot, then cut into chunks suitable for your juicer or blender.
- 2 Pit the peach and cut into pieces.
- 3 Cube the cantaloupe, mango, and melon.
- 4 Peel the ginger.
- 5 In a juicer, combine carrot, peach, cantaloupe, mango, melon, and ginger. Juice all ingredients together.
- 6 If using a blender, blend all ingredients with lemon juice and water until smooth, then strain to remove pulp if desired.
- 7 Stir in the fresh lemon juice.
- 8 Pour into a glass and serve immediately for the freshest taste.