

Sunrise Mocktail

This deliciously fresh and zingy juice will wake you up and give you energy. It's high in soluble fibres, vitamin A and vitamin K. When making smoothies and juices, try to buy organic fruits and vegetables. The benefits are many but apart from anything else, the skin on fruit and vegetables holds so many nutrients and you don't need to remove the skin on organic foods which makes making your juices a much quicker process in the mornings.



- 2 medium sized carrots, roughly chopped
- 1 apple, core removed and chopped
- 1tsp freshly grated ginger
- 200ml coconut milk

You can use a juicer for this but it does remove a fair bit of the fibre. I just place all of the above ingredients into a nutribullet and blitz until smooth. It is such a lovely, fresh tasting juice. Ideal for breakfast.