

JUICING FOR THE IMMUNE SYSTEM

The following juices contain vitamins A, C, E and selenium which can be drunk on a regular basis to boost immunity in addition to a good balanced diet.

Each recipe makes approx. 8floz of juice and adults can drink up to 3 glasses per day. It can be diluted with water to taste.

2 large carrots
1 mango

or

1 medium cantalope melon

or

3 large carrots
6 large spinach leaves

or

1 nectarine
1 peach

or

¼ sweet potato
2 tomatoes
2 large carrots

or

handful of watercress
2 large carrots
¼ red pepper

or

2 large carrots
8 small broccoli florets
1 chunk of cucumber