**Sweet potato, carrot, orange and ginger juice**



**Ingredients for 4 juices à 200 ml :**

600 g sweet potatoes from North Carolina

600 g carrots

40 g ginger

2 oranges

2 limes

1 TL nut oil

**Directions:**

1. Peel sweet potatoes, carrots and ginger. Put all ingredients in a juicer. Squeeze the citrus fruits and blend with juice and oil.

**Nutrition facts per glass:**

Energy: 210 kcal/880kj

Protein: 4 g

Fat: 4 g

Carbohydrates: 41 g