



## 1 Carrot Lemon Ginger Honey Healer

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### MONIN Products

- 40 ml Lemon Ginger Honey Syrup

### Ingredients

- 150 ml carrot juice
- 1 carrot

### Method

Pour ingredients into a blender cup.  
Cover with ice cubes.  
Blend until smooth.  
Pour mix into a glass.  
Serve.

### Glass

- Hurricane / Smoothie glass