



# 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