

Ginger Zinger Fruit Juice

Makes 1-2 servings



Ingredients

- 2 apples-roughly chopped
- 2 pears-roughly chopped
- ½ inch of fresh ginger root
- 1 cup of water or apple juice

Directions

- ☞ Blend ingredients in a juicer.
OR
☞ Peel and core, and blend in a blender with some water or apple juice

198 Calories per serving

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