



Orange and Ginger Morning Boost Juice

with Lemon and Turmeric

Breakfast 5-10 Minutes • **Medium Spice** • 2 of your 5 a day

8A

Find all your unchilled Market items in bag A.



Orange



Lemon



Ginger Puree



Ground Turmeric

Pantry Items
Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Blender.

Ingredients

Ingredients	Quantity
Orange**	2
Lemon**	2
Ginger Puree	30g
Ground Turmeric	1 sachet

Pantry	Quantity
Water*	200ml
Honey*	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	430g	100g
Energy (kJ/kcal)	727 /174	169 /40
Fat (g)	0.8	0.2
Sat. Fat (g)	0.2	0.1
Carbohydrate (g)	43.1	10.0
Sugars (g)	32.5	7.6
Protein (g)	3.7	0.9
Salt (g)	1.26	0.29

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



2



3



Into the Blender

a) Halve and juice the **oranges** and **lemons** into your blender.

b) Add the **ginger puree** (use less if you prefer it less zingy), **turmeric** and **water** (see pantry for amount) and blend to combine, 1 min.

Taste and Adjust

a) If you like your **juice** a little sweeter, add **honey** to taste (see pantry for recommended amount).

Serve your Juices

a) Divide your **Morning Boost Juice** between 2 glasses to finish.

Enjoy!