



# Sunshine Orange Morning Boost Juice

with Lemon, Ginger and Turmeric

**Breakfast** 5-10 Minutes • **Medium Spice** • 1 of your 5 a day • Veggie

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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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

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

Enjoy!