

Food Babe's Turmeric Cooler Juice



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	0 mins	15 mins	2

<https://foodbabe.com/turmeric-cooler-an-anti-inflammatory-juice>

Ingredients:

- 2 tablespoons fresh turmeric root
- 1 bunch romaine lettuce
- 3 carrots
- 1 cucumber
- 1 whole lemon, peeled

Instructions:

1. Wash all vegetables thoroughly and place into a large bowl.
2. Juice each vegetable in this order – turmeric, romaine, carrots, lemon, and cucumber.
3. Stir mixture before serving.
4. Clean juicer immediately.

Notes:

- Please buy all organic ingredients if possible