



Cornell University
 Cooperative Extension
 New York City



Ginger, Carrot and Apple Smoothie

Yields 10 servings (½ cup each)

Ingredients

- 3 carrots, chopped
- 1½ apples, any variety, chopped
- ¼ cup fresh ginger, peeled and chopped
- 3½ cups water

Instructions

1. Wash all vegetables with cold, running water. Wash carrots with a vegetable brush. Peel the ginger only.
2. Chop the carrots, apples, and ginger into 1-inch pieces.
3. Add the chopped carrots, apples, ginger, and water to a blender. Blend for 3-5 minutes until a smooth consistency is reached without food chunks.
4. Serve and enjoy. Leftover smoothie can be stored in an air-tight container in refrigerator for up to 2 days.

Helpful Information

- Smoothies contain fiber because nothing from the original fruit or vegetable is removed when it's made by using a blender. Fiber helps with digestion, keeps us full longer, support our gut health, and lowers our cholesterol.
- Carrot and ginger juice can support your immune system because it has vitamin A and vitamin C.
- Vitamin C in carrot and ginger can boost collagen production that helps wounds heal and keeps skin strong. The vitamin E in carrot and ginger also protects skin from sun rays and pollution.
- Fresh ginger juice, whether you consume it on its own or mixed with carrots and apple, has these health benefits: it is anti-inflammatory, it helps manage arthritis symptoms, and it supports immune health.

Source: CUCE-NYC FMNP Recipe Collection 2023

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	10 servings
Serving size	½ cup
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 109mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

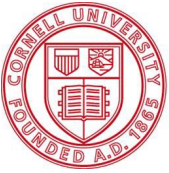
Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Batido de Gengibre, Zanahoria y Manzana

Rinde 10 porciones (½ taza cada una)

Ingredientes

- 3 zanahorias, cortadas
- 1½ manzanas, cualquier variedad, cortadas
- ¼ taza gengibre fresco, pelado y picado
- 3½ tazas de agua

Instrucciones

1. Lave todos los vegetales con agua fría corriente. Lave las zanahorias con un cepillo. Pele solo el gengibre.
2. Corte las zanahorias, manzanas, y el gengibre en pedazos de 1 pulgada.
3. Agregue las zanahorias, las manzanas, el gengibre, y el agua a una licuadora. Licúe de 3 a 5 minutos hasta que tenga una consistencia líquida, sin pedazos de zanahoria o gengibre.
4. Sirva y disfrute. Se puede guardar lo que sobre del batido en un contenedor cerrado en el refrigerador por hasta 2 días.

Información Útil

- Los batidos contienen fibra porque ninguna parte de la fruta o del vegetal se remueve cuando se usa una licuadora. La fibra ayuda en la digestión, nos mantiene saciados por más tiempo, apoya nuestra salud intestinal, y baja nuestro colesterol.
- El jugo de zanahoria y gengibre fortalece su sistema inmunológico porque tiene vitamina A y vitamina C.
- La vitamina C en la zanahoria y el gengibre ayuda a producir colágeno en el cuerpo que sana las heridas y mantiene la piel fuerte. La vitamina E en la zanahoria y el gengibre también protege la piel de los rayos y de la contaminación.
- El jugo fresco de gengibre, si se consume por sí solo, o mezclado con zanahoria o manzanas, tiene estos beneficios: es anti-inflamatorio, ayuda a manejar los síntomas del artritis, y apoya el sistema inmunológico.

Source: CUCE-NYC FMNP Recipe Collection 2023

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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