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**MINTY SUNSHINE**

This juice was adapted from *5lbs in 5 DAYS* by Jason Vale. I have adapted it by making 2 juice bases at once and using mint leaves and ice cubes in a blender to finish it. (makes 2 juices)

**Ingredients (base)**

* 4 large juicy oranges, peeled or squeezed by hand to extract juice
* 6 medium carrots
* 1 inch of ginger

Juice all above ingredients and transfer and divide the juice into 2 (2 cup) glass jars and seal and store in the fridge or freeze (if not using it that day).

When you are ready to serve transfer the juice to a blender or NutriBullet and add (per serving):

* 4 sprigs of mint
* 3 ice cubes (made from filtered water) optional

Blend and serve immediately.