

# **Apple-Carrot Cocktail**

From Seattle and King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/AppleCarrotCocktail.aspx>

## **Ingredients**

- 1/2 cup carrots, sliced
- 1-1/2 cups apple juice
- 1 teaspoon fresh thyme, snipped
- 1 teaspoon lemon peel, shredded
- 1/2 cup ice cubes
- 1 tablespoon fresh squeezed lemon juice
- Fresh mint (optional)

## **Instructions**

1. Heat 1 cup water to boiling in a small saucepan. Add carrots and cook for about 10 minutes or until tender. Drain, then set aside to cool.
2. Place carrots in a blender then add apple juice, thyme, lemon peel, ice and lemon juice. Blend until smooth or to desired consistency.
3. Serve in glasses garnished with mint.

**Makes 2 servings**

**Serving Size: 1/2 of recipe**

## **Nutrition information per serving**

Calories: 103	Dietary Fiber: 1g
Total Fat: 0 g	Sodium: 16 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol: 0 g	Carbohydrates: 26 g

