



SICKIES AND ICKIES AND FLU NO WAY VITAMIN C JUICE

(V, DF, GF)

INGREDIENTS

Ingredients:

- 1/3 cup orange juice
- 1/3 cup pineapple juice
- 1/3 cup apple juice
- 3.2 grams of acerola cherry powder (3.2 grams is approximately .64 teaspoon. I used the scoop that came with the powder to measure out the 3.2 grams. Using almost 3/4 of a teaspoon would work for this recipe if you don't have a 3.2 gram scoop. I bought my powder via Amazon).

DIRECTIONS

How-to:

1. *Combine all three juices in a glass*
2. *Whisk in the acerola powder until dissolved*
3. *Serve and enjoy!*

Tips and Tricks:

- *I blended my juice with my Magic Bullet to make it frothy. If you'd like the same effect, use a blender or whisk vigorously by hand.*
- *I used 100% non-GMO or organic pure juices with no added sugars. This is an important factor to keep this drink as healthy as possible.*

PREP TIME: 3 MIN
COOK TIME: 0 MIN
TOTAL TIME: 3 MIN
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