



PASSION IS COOKING

PIC Metabolism Boosting Juice Series

By Anita Heidema & Dario Tomaselli



1- ORANGE whole peeled & cut in pieces.

1- KIWI whole peeled & cut in pieces.

2 Tablespoons Lemon Juice

1 Teaspoon Turmeric

Cold green tea.

Have each morning to boost your immune system. Add ingredients to your blender juicer and blend to desired consistency.

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