

Refreshing Carrot Dink

3 cups **carrots** (chopped)

6 cups **water**

1 root **ginger**

5 tbsp. **lemon juice**

1 ½ cups **granulated sugar**



1. Wash carrots and blend with 5 cups water until smooth
2. Strain blended carrot mixture into a container
3. Wash ginger and blend with 1 cup of water
4. Strain blended ginger mixture into a separate container
5. Combine the carrot and ginger mixtures; add lemon juice and sugar
6. Stir thoroughly

Serve cold

Refreshing way to start your summer!