

Orange juice

No. of servings

1

Ingredients

- 4 ripe oranges (480g)
- Honey or sugar to taste (20g)
- Thick & Easy Clear



Tips

For seasonal flavour differences, add spices such as cinnamon

Nutritional information per serving*

Energy kcal	276
Protein g	5
Fat g	1
Carbohydrate g	55
Fibre g	8



Preparation

- 1 Cut each orange in half. Put Thick & Easy Clear into a glass.
- 2 Squeeze each half orange. You may also use a squeezer to do this. Strain the juice before pouring into the glass with Thick & Easy Clear. When using concentrated juices, pour the desired amount into the glass.
- 3 If the juice is not sweet enough, sweeten with honey or sugar to desired taste.
- 4 Mix the juice using a whisk. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.