



# Carrot Extract

Serves: 1 serving

Active time: 30 min

Total time: 30 min

## Ingredients

- ¾ cup fresh carrot extract
- ¼ cup fresh apple extract
- ¼ cup fresh pineapple extract
- ½ tsp chia seeds

## Directions

- Mix all the extracts immediately.
- Garnish with chia seeds.
- Serve immediately.

