



Good Morning Sunshine

Sage

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Makes 2 cups (500ml)

2 Yellow bell peppers,
stem and seeds removed
4 Yellow patty pan squashes
½ Large pineapple, trimmed & peeled
½ Stalk celery, leaves trimmed
1 Yellow or orange carrot



Makes 1 jug (2 Litres)

8 Yellow bell peppers,
stem and seeds removed
16 Yellow patty pan squashes
½ Large pineapple, trimmed & peeled
2 Stalks celery, leaves trimmed
4 Yellow or orange carrots