

I can help your eyes,
see in dark night skies.



Chris Carrot

What ingredients we are going to need

Carrots!!!

It is so easy to do

Juice several carrots per child, add some water or orange juice for volume. Simple and delicious.

Why it is good for us

Carrots promote eye health and can boost the immune system to help to protect you against free radical damage, harmful bacteria and disease. Carrot juice can help you to super skin by promoting skin healing after infection or irritation. They can help to protect your heart, cleanse your body and help keep teeth and gums healthy.