

Prep Time: 15 minutes | Total Time: 15 minutes

Intensity Level: Low (No cooking required)

Servings: 2 glasses (approx. 16 oz total)

Category: Beverage / Wellness

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Introduction

Inflammation is the body's natural response to injury and stress, but when it becomes chronic, it can contribute to joint pain, fatigue, digestive issues, and a weakened immune system. One of the simplest and most delicious ways to support your body's natural anti-inflammatory processes is through fresh, nutrient-dense juice.

This Anti-Inflammatory Juice combines some of the most powerful natural ingredients known for their healing properties. Turmeric, the golden spice rich in curcumin, pairs beautifully with

ginger, which contains gingerol — both are renowned for their ability to reduce inflammation. Pineapple adds a tropical sweetness while delivering bromelain, an enzyme that may help reduce swelling and aid digestion. Carrots and oranges load the glass with beta-carotene and vitamin C, while a pinch of black pepper dramatically boosts curcumin absorption. A touch of lemon balances the flavors and adds a cleansing boost.

Whether you're recovering from an intense workout, managing a chronic condition, or simply looking to add more wellness to your day, this vibrant orange-gold juice is a refreshing, delicious way to fight inflammation from the inside out.

Ingredients

- 1 cup fresh pineapple chunks (about $\frac{1}{4}$ medium pineapple)
- 2 medium carrots, washed and trimmed
- 1 large orange, peeled
- 1-inch fresh turmeric root (or 1 teaspoon ground turmeric)
- 1-inch fresh ginger root
- $\frac{1}{2}$ medium lemon, peeled
- $\frac{1}{4}$ teaspoon freshly cracked black pepper

- ½ cup cold water (optional, for desired consistency)
 - Ice cubes (optional, for serving)
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Equipment Needed

- Juicer (preferred), or
 - High-speed blender + nut milk bag or fine-mesh strainer
 - Sharp knife and cutting board
 - Measuring cups and spoons
 - Tall glasses for serving
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Instructions

Step 1: Prepare the Ingredients (Time: 5 minutes | Intensity:

Low)

Begin by thoroughly washing all produce under cool running water. Even though you'll be juicing, any dirt or residue on the skin can end up in your glass. Peel the orange and lemon, removing all rind and pith, as these can make the juice bitter. If using fresh turmeric and ginger, scrub them well — you don't need to peel them if they're organic, but peeling is fine if you prefer a milder taste. Chop the pineapple, carrots, orange, lemon, turmeric, and ginger into pieces small enough to fit your juicer's feed chute.

Step 2: Juice the Ingredients (Time: 6 minutes | Intensity: Low)

If using a juicer, feed the ingredients through the chute one at a time, alternating between hard items (carrots, turmeric, ginger) and soft items (pineapple, orange, lemon). This alternating technique helps prevent clogging and ensures maximum juice extraction. If using a blender, add all ingredients to the blender with $\frac{1}{2}$ cup of cold water and blend on high for 60–90 seconds until completely smooth.

Step 3: Strain (Time: 3 minutes | Intensity: Low — skip if using a juicer)

Pour the blended mixture through a nut milk bag or fine-mesh strainer set over a large bowl or pitcher. Using clean hands or the back of a spoon, squeeze and press the pulp to extract as much liquid as possible. Don't rush this step — the more you squeeze, the more nutrient-rich juice you'll collect. Discard the pulp or save it for composting.

Step 4: Season and Stir (Time: 1 minute | Intensity: Low)

Stir in the freshly cracked black pepper. This step is crucial — black pepper contains piperine, which has been shown to increase the absorption of curcumin (the active compound in turmeric) by up to 2,000%. Taste your juice. If it's too tart, add a small drizzle of raw honey or maple syrup. If it's too strong, dilute with a splash of cold water or coconut water.

Step 5: Serve Immediately (Time: 1 minute | Intensity: Low)

Pour the juice over ice if desired and serve immediately. Fresh juice is best consumed within 15–20 minutes of making it, as nutrients (especially vitamin C) begin to degrade quickly upon exposure to air and light. If you must store it, pour it into a glass jar filled to the very top (minimizing air exposure), seal tightly, and refrigerate for up to 24 hours. Shake well before drinking.

Timing Summary

Phase	Duration	Intensity
Prep & washing	5 minutes	Low
Juicing/blending	6 minutes	Low
Straining	3 minutes	Low
Seasoning	1 minute	Low
Serving	1 minute	Low
Total	~16 minutes	Low

Tips for Best Results

- Use organic produce when possible, especially for ginger, turmeric, and lemon, since you’re consuming them close to their whole form.
- Don’t skip the black pepper. It’s not just for flavor — it’s a scientifically backed absorption enhancer.

- Drink on an empty stomach in the morning for optimal nutrient absorption.
- Rotate your greens. You can add a handful of spinach or kale for extra anti-inflammatory chlorophyll, though it will change the color and flavor.
- Freeze leftover juice in ice cube trays and pop them into smoothies later.

Nutrition Information (Per Serving — 1 glass, approx. 8 oz)

Values are estimates and will vary based on exact produce sizes and juicing method. Juicing removes most fiber, so values reflect juice only.

Nutrient	Amount
Calories	110 kcal
Total Fat	0.3 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrates	26 g
Dietary Fiber	0.5 g
Total Sugars	20 g
Protein	1.5 g
Vitamin C	95% DV
Vitamin A	120% DV
Vitamin B6	10% DV

	Nutrient	Amount
	Folate	8% DV
	Potassium	420 mg
	Calcium	3% DV
	Iron	4% DV
	Magnesium	4% DV