

- Prep Time: 15 minutes
- Yield: 2 large servings (~24-28 oz total)
- Equipment Needed: High-powered juicer or high-speed blender + nut milk bag / fine mesh strainer
- Recipe Intensity: Beginner-Friendly (Easy preparation, minimal knife work)

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Key Ingredients & Benefits

- Fresh Pineapple (1/2 medium pineapple, peeled and cored): Rich in Vitamin C and bromelain, a natural digestive enzyme that helps reduce inflammation.
- Oranges (2 large, peeled): Delivers a massive dose of antioxidants and natural sweetness to balance the earthy spices.

- Carrots (3 large, scrubbed): Loaded with beta-carotene (precursor to Vitamin A) for healthy skin and cellular immunity.
- Fresh Turmeric Root (1–2 inches, unpeeled if organic): Contains curcumin, a powerful natural anti-inflammatory and antioxidant compound.
- Fresh Ginger Root (1–2 inches): Adds a sharp warming flavor while aiding digestion and boosting immune response.
- Lemon (1 medium, peeled): Provides sharp acidity to balance the sweetness while adding additional Vitamin C.
- Black Pepper (1 pinch, ground): Essential for activating curcumin in the turmeric, increasing its bio-availability by up to 2000%.
- Cayenne Pepper (1 pinch, optional): Boosts circulation and metabolism while adding an energizing spicy finish.

Step-by-Step Instructions

Step 1: Prep the Produce

1. Wash all ingredients thoroughly under cold running water.
2. Peel the oranges and lemon, removing the outer rind while leaving as much white pith as preferred (the pith contains additional flavonoids).

3. Cut the pineapple into strips or chunks small enough to fit easily down your juicer's feed chute.
4. Chop carrots into long halves or quarters.
5. Scrub the fresh ginger and turmeric root. If organic, leave the skins on; otherwise, scrape gently with the edge of a spoon to remove paper-thin skin.

Step 2: Juicing Sequence

1. Start your juicer on a medium-high setting.
2. Alternate between soft fruits (oranges, lemon, pineapple) and hard roots (carrots, ginger, turmeric). *Tip: Juicing soft ingredients followed by fibrous roots helps push all fruit pulp through the chute efficiently.*
3. End with a slice of pineapple or carrot to ensure no concentrated turmeric or ginger juice remains in the juicing chamber.

(Blender Method Alternative: If using a blender, add 1/2 cup of coconut water or filtered water to the blender pitcher first. Add all chopped ingredients and blend on high for 60 seconds until completely smooth. Pour through a nut milk bag or fine-mesh sieve, squeezing firmly to extract all liquid into a glass pitcher.)

Step 3: Season & Serve

1. Stir the freshly pressed golden juice thoroughly with a spoon.
2. Add a small pinch of freshly cracked black pepper and a pinch of cayenne pepper into the pitcher. Stir well.
3. Serve immediately over ice, or store in sealed airtight glass mason jars in the refrigerator.

Expert Storage & Prep Tips

- Optimal Freshness: Fresh cold-pressed juice is best consumed within 15–20 minutes of extraction to preserve heat-sensitive Vitamin C and enzymes.
- Refrigeration: Store in an airtight glass container (like a mason jar filled to the rim to minimize oxygen exposure). Consume within 48–72 hours.
- Turmeric Caution: Fresh turmeric root stains wooden cutting boards, plastic blender jars, and counter tops easily. Use glass or stainless steel tools where possible, or wipe surfaces immediately with soap and water.

Detailed Nutrition Information

Per Serving (approx. 12–14 oz / 350–400 ml):

Metric	Quantity per Serving
Calories	185 kcal
Total Fat	0.6 g

Metric	Quantity per Serving
<i>Saturated Fat</i>	0.1 g
Sodium	45 mg
Total Carbohydrates	45 g
<i>Dietary Fiber</i>	1.2 g (juiced) / 6 g (unfiltered blender)
<i>Total Sugars</i>	31 g (all natural fruit sugars)
Protein	2.8 g
Vitamin C	210% DV
Vitamin A	145% DV
Potassium	580 mg
Calcium	65 mg
Iron	1.2 mg