**SPICY ORANGE JUICE**

**Ingredients**

10 g fresh ginger

3 oranges

1 lemon

1 red chili pepper

2 sprigs of rosemary

1 apple or pear

**Instructions**

Cut the oranges and lemon into wedges.

Peel and chop the ginger.

Remove the seeds from the chili pepper and chop it finely.

Cut the pear or apple into wedges.

Process the oranges, lemon, ginger, chili, pear or apple and rosemary needles in a juicer one by one.

Alternative method using a blender:

Press the juice from the oranges and lemon and pour the juice into a blender.

Add the grated ginger, chopped chili, rosemary needles and wedges of peeled apple or pear where the cores have been removed.

Blend it all together.