

# Orange and Lemon juice

Hello! Today I am going to present you how to make an orange and lemon juice :) . It contains Vitamin C, Vitamin A, Vitamin B1/B2/B6/B12/B3 and Vitamin D.

Ingredients:

1. 2 oranges (in half)
2. 1 half of a lemon
3. 2 teaspoons of sugar

Put the fruit in the microawe for 30 seconds. Squeeze them after. Put them in a cup or a container and add the sugar. MiX! MiX! MiX!

