

***Celery and cucumber  
juice with apple  
and mint***

**ELDRIDGE**

FRESH ORGANICS



# *Celery and cucumber juice with apple and mint.*



15 mins

## **INGREDIENTS**

- 8-10 celery stalks roughly chopped
- 1 medium Lebanese cucumber  
roughly chopped
- 2 green apples, core removed,  
roughly chopped
- 5 mint leaves
- 1 lime, peeled and  
roughly chopped
- ½ cup water

Makes 1 litre

## **HOW TO**

Blend celery, cucumber, apple, water, lime, and mint, for 1-2 minutes or until very smooth.

Place a fine mesh sieve over a large bowl. Place a new clean piece of cheesecloth over the strainer. Pour the juice into the sieve slowly bit-by-bit.

Gently stir to enable juice to move through the pulp. When all the juice has been poured through, squeeze out cloth to extract the last of the juice. If using a juicer, there is no need to strain the juice.

Store in a sealed jug in the refrigerator for up to 5 days.