

# Apple & Cucumber Juice

Fresh from the garden: apples, cucumber, mint



## Equipment:

clean tea towel  
chopping board  
cook's knife  
juicer

## Ingredients:

- 3 cups chilled and roughly chopped apple
- 3 cups chilled and roughly chopped cucumber
- 1/2 tsp lemon juice
- Mint Leaves

## Method (What to do):

1. Wash and dry the apples and cucumbers.
2. Cut the fruit into quarters and remove the core.
3. Slice the very end off the cucumber and cut into large pieces
4. Add the apples and cucumber a few at a time to the juicer.
5. Add lemon juice to the juice and mix well.
6. Pour equal quantities of the juice into individual glasses.
7. Garnish with a mint leaf and serve immediately.

