

CELERY JUICE



Fresh from the garden: Celery

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
juicer
wooden spoon
medium bowl
serving bowls

Ingredients:

- 1 large bunch celery
- 3 green apples

METHOD (WHAT TO DO):

- Rinse the celery thoroughly, making sure to rub your fingers along the surfaces of the stalk on the inside and outside.
- Place the celery stalks along with the leaves through the juicer. If you're using additional fruits like apple, you can alternate between the celery and apples for best taste and consistency. You should get between 16 and 20 ounces.
- Drink immediately for best results.