

Cucumber Celery Juice

1 medium organic cucumber (if not organic peel it)

2 celery stalks - halved

1 lemon

Water

Wash the cucumber and peel it if it is not organic. Cut into slices.

Remove the threads from the celery and cut in half.

Place the cucumbers and celery into the blender. Add some water and blend it until smooth.

Add some ice to a pitcher and add the juice. If your blender is not high powered you will have to strain the juice. Top off with water and stir.

Refrigerate and enjoy this green juice during the day. Stir before serving.

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