

# CELERY CUCUMBER JUICE

Over the past few years celery juice has hailed as a cure all for many digestive or inflammatory issues. I personally, just like the way it tastes, especially when it's cut with a little cucumber-- another super hydrating vegetable.

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## INGREDIENTS

1 bunch organic celery  
½ English cucumber

## MAKES TWO SERVINGS

- 1 Wash and clean the celery. Trim the ends, but you do not need to cut off the leaves. They can be juiced.
- 2 Wash the English cucumber.
- 3 Place the celery and cucumber in a juicer. Mix the juice in the pitcher with a spoon and pour into two glasses.

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## NOTES

- Freshest is the best when it comes to juicing! The juice starts losing its nutritional value the longer it sits around.