



Food for Life



GREEN JUICES

The best vegetables to juice are the low glycaemic, greens. Cucumber and celery yield high quantities of liquid, while chard, kale, watercress, spring greens and spinach are more concentrated. In case this sounds challenging in the flavour department, adding lemon juice makes it all highly palatable (usually!).

So: 15-20cms organic cucumber
3 sticks organic celery
6 leaves of organic chard
½ squeezed organic (un-waxed) lemon – juiced separately on a citrus squeezer and added afterwards.

You can replace the chard with some of the concentrated alternatives listed above. You can also try adding cabbage (red, white or green) to the cucumber and celery. This is meant to be very good for promoting digestive health.

