

# ASPARAGUS SHOT

## Ingredients:

1 kg asparagus spears  
1 pinch of Espelette pepper  
1 pinch of salt

**Preparation:** Peel asparagus spears and remove their woody stalks. Process them in the J80 Ultra/J 100 Ultra centrifugal juicer. Season with a pinch of Espelette pepper and salt.

*Serve with lightly-cooked salmon and green asparagus tagliatelle.*

**Benefits:** Asparagus is depurative and diuretic.

**Another idea:** This asparagus juice can be added to a sauce to accompany fish and white meat dishes.

