

# CELERY & APPLE

autumn-winter, anti-stress, Tonic

For  
4  
Glasses

## Ingredients:

4 Granny Smith apples

2 celery sticks

1 thin slice of ginger

½ lemon

1 pinch of salt

**Preparation:** Wash thoroughly the fruit and vegetables. Peel lemon and process celery, ginger and apples in this order in the J 80 Ultra/J 100 Ultra centrifugal juicer.

Add a pinch of salt. Serve immediately to preserve all the vitamins.

*Decoration: serve with thin slices of apple cut using the Robot-Coupe vegetable-cutter (use 1 mm slicer).*

**Benefits:** Celery & apple juice reduces stress and insomnia.

**Another idea:** Replace the apples with pears.

