

MELON

summer, rejuvenating, digestion, Vitamin A

For
3
Glasses

Ingredients:

400 g green melon
1 Granny Smith apple
½ lemon

Preparation: Remove the melon rind and cut into large pieces. Peel the lemon. Process the melon, ½ lemon and apple in the J 80 Ultra/J 100 Ultra centrifugal juicer. Stir with a spoon and serve immediately. Add flavour with a few sprigs of mint.

Decoration: serve with melon cubes cut using the Robot-Coupe vegetable-cutter (use 8 x 8 x 8 mm dicer).

Benefits: Melons are good for the digestive system. Their tasty juice goes well with citrus fruit.

Another idea: Replace the melon with peaches.

Robot-Coupe tips: Before processing in the Ultra juicer, fruit and vegetables with thick rinds must be peeled (eg: melon) and all big pips removed (eg: melon). If using peaches, remove the kernels.

