

TODAY'S FRESHLY SQUEEZED JUICE SUGGESTION



APPLE, PEAR, CARROT & CELERY

To make yourself a glass, juice the following:

- Apple (large size) - 1 - cut in quarters and remove core.
- Pear (medium size) - 1 - cut in quarters and remove core.
- Carrot (large size) - 1 - remove root.
- Celery - ½ a stem.

Juice Nutrition Facts:

- Both apples and pears contain vitamin C, which gives a powerful boost to our immune system and our skin, teeth and bones.
- Carrots are high in beta-carotene, beneficial for healthy skin and good eye health.
- Celery is rich in vitamin K, and it also contains folate potassium with health benefits linked to lowering inflammation, blood pressure and reducing the risk of cancer.