



## TODAY'S JUICE

## PINEAPPLE, CELERY & GINGER

### TO MAKE YOURSELF A GLASS, JUICE THE FOLLOWING:

- Pineapple -  $\frac{1}{8}$  - remove skin.
- Celery - 1  $\frac{1}{2}$  stems.
- Ginger - 2 knobs (fingertip size), remove skin.

### NUTRITION FACTS

Pineapples are high in vitamin C which is essential for a healthy immune system and aiding the absorption of iron.

Celery is rich in vitamin K, folate and potassium and helps in the lowering of inflammation and blood pressure.

Ginger is loaded with nutrients and bioactive compounds with incredible antioxidant and anti-inflammatory properties.