



## TODAY'S JUICE

**WATERMELON,  
CUCUMBER,  
APPLE &  
LEMON**

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

- Watermelon - 1 1/2 cups - rind removed.
- Lebanese Cucumber - 1/2 - remove stem.
- Apple (large size) - 1/2 - cut in quarters and remove core.
- Lemon (medium size) - 1/2 - remove peel.

### **NUTRITION FACTS**

Watermelon is a great source of vitamin c and minerals such as potassium which helps to regulate blood pressure, as well as a good source of hydration through its high water content.

Cucumber contains 95% water which also makes it a great source of hydration.

Apples and lemons are good sources of vitamin C which is essential for a healthy immune system.