

## TODAY'S JUICE



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 stem.
- Celery - ½ a stem.

### 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 skin and eye health.

Celery is rich in vitamin K, and it also contains folate and potassium with health benefits linked to lowering inflammation, blood pressure and reducing the risk of cancer.