

TODAY'S FRESHLY SQUEEZED JUICE SUGGESTION



WATERMELON, CUCUMBER, APPLE & LEMON

To make yourself a glass, juice the following:

- Watermelon - 1 ½ cups - rind removed.
- Lebanese Cucumber - ½ - remove stem.
- Apple (large size) - ½ - cut in quarters and remove core.
- Lemon (medium size) - ½ - remove peel.

Juice 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.