

GREEN HYDRATING JUICE

3-5 Large celery stalks
½ cucumber
1 fennel
1 green apple

Place all ingredients in a cold press juicer like a Kuvings and enjoy.

Hydrating juices are best in the morning, before any food intake, for full absorption and to gain full hydrating benefits.

CELERY: excellent source of vitamin K and molybdenum. It is a very good source of folate, potassium, dietary fiber, manganese and pantothenic acid. **Celery** is also a good source of vitamin B2, copper, vitamin C, vitamin B6, calcium, phosphorus, magnesium and vitamin A (in the form of carotenoids).

CUCUMBER :high in nutrients, hydration and antioxidants and highly alkaline.

FENNEL: excellent source of vitamin C. It is also a very good of dietary fiber, potassium, molybdenum, manganese, copper, phosphorus and folate. In addition, **fennel** is a good source of calcium, pantothenic acid, magnesium, iron and niacin.

GREEN APPLES: as healthy as the red ones. However, they are a little sour and sweet in taste. Green apples have a lot of health and beauty benefits to offer. They are packed with nutrients, **fiber**, **minerals** and **vitamins** that are good for the overall health.