



# IT'S A CLASSIC SPRING INTO SPRING JUICE RECIPE

GOOD  
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ME♥

## SPRING INTO SPRING JUICE RECIPE

Spring is the perfect time to detox the system and get ready for the summertime - And what better way to start than with a classic spring juice recipe. By simply juicing seasonal fruits and vegetables, you can consume plenty of nutritious food - much more than you could most likely eat!

This refreshing Apple and Ginger juice recipe will put a spring in your step. Apple and ginger are well regarded for their health benefits - apples provide a good dose of dietary fiber and burst of antioxidants, while ginger has a natural body warming effect to assist in fending off coughs and colds.

### SERVES 2 INGREDIENTS

3 Apples  
1/2 inch piece of Ginger, peeled  
1/2 Lemon, juiced  
1/2 cup water

Ice and a sprig of mint to serve

### METHOD

1. Cut the apple into medium pieces removing the core.
2. Add the apple, ginger, 1/2 cup water and freshly squeezed lemon juice.
3. Blend until smooth.
4. Place a metal strainer over a bowl and pour in the blended puree. You may need to use a spatula to extract as much juice as possible. Discard the remaining pulp.
5. Place ice in glass and pour in juice. Use a sprig of mint to garnish.