

# Raw Green Super Juice

*After the festive splurge, there's often a rather depressing lull: it's still raining, back to work and school, no more parties... So pep yourself up with a mini January detox! Rowie is a keen fan of fruit and veggie juices: she had a juice every day over Christmas, and was the only one in her family not to catch the lurgy! Plus this is a great way to use up any odd raw veggie leftovers. The general rule is the greener, the better: if the flavour is a bit strong, add some carrot, beetroot, apple or pineapple for some sweetness, plus lemon juice to taste. Some people will just drink this as a snack, or for a quick breakfast; others prefer to have juices throughout the day, then a nice 'proper' healthy supper (try squash stuffed with spicy rice, yum). The amount you try is up to you; but give the magic greenness a try to feel squeaky clean and raring to go!*

## Serves 2

- 4 sticks of celery
- 4 handfuls spinach
- 8 lettuce/salad leaves
- handful kale/cabbage/chard leaves
- 1 whole cucumber (optional)
- lemon juice to taste

Wash the leaves, cucumber and celery, then juice together (if you don't have a dedicated juicer machine, you can whizz them all together as finely as possible for a while in a blender until smooth). Mix well with an equal amount of water, and squeeze a good amount of lemon juice in (try either a half or a whole lemon). You could also add parsley, mint if using more fruit, a little beetroot and ginger, or sprouting seeds such as alfalfa or wheatgrass – ask in the shop and we can reserve you some.



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