

# The Green Goddess

Deliciously thick conference pear juice, complemented with the sharp juice from a ripe lime, calmed with nutrient rich spinach and celery juice, cooled with fresh cucumber and sweetened with pure apple juice.

## Golden Delicious Apple

1  
Spinach  
1 small handful

## Conference Pear

1  
Unwaxed Lime

1  
Celery  
1 stalk

## Cucumber

1/2 medium

## Ice Cubes

1 small handful

## Put Them All Together Like This

Place the apple into the chute of the juicer and then pack the spinach in tightly behind it. Add the pear, lime and celery, cucumber and juice the lot.

**Best Served...** on an empty stomach, in a wine glass over ice and consumed 30 minutes before you do that Ashtanga Yoga session you promised yourself – or not perhaps!

## Did You Know?

There are two main varieties of Lime – Key and Persian. Limes are not only good for you but their extracts are used in cleaning products!

“As cool as a cucumber” was first used in a poem by John Gay, entitled “New Song on New Similes” in 1732 (just after half past five!) in the line: “I... cool as a cucumber could see the rest of womankind.”

Yes, we at Juicy HQ were rather hoping the origin of this phrase was slightly more exciting!

