

Bloody Mary Juice

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

For the best results, use fresh organic fruits and vegetables whenever possible.

Step 1: Preparing the Juice

- 4 large tomatoes
- 1 red pepper
- 1 orange pepper
- 1/2 green pepper
- 4 celery stalks
- 1/2 cup fresh parsley* (approx. 1/2 bunch)
- 1 1/2-inch piece of fresh horseradish**
- 1/2 jalapeño pepper
- 1/2 lemon (optional)
- sea salt, to taste (optional)

This recipe makes enough for two 12-ounce servings.

To prepare the juice, wash all of the ingredients. Cut and deseed the peppers. If you like, you can use either two red or two orange peppers, instead of one of each.

*Note: Additional fresh herbs such as basil, cilantro or even a bit of oregano can also be added, if you like.

For the jalapeño, depending on your spice level preference, you may want to remove the seeds.

If adding lemon you can either peel it or leave the peel on. The peel will provide a stronger lemon flavor.

Put all of the ingredients through a juicer.

*Note: Be careful when juicing the horseradish as it can be quite strong and overpowering.

If desired, add a pinch or so of sea salt and serve immediately.