

Hippocrates 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.

Why is this drink called "Hippocrates Juice"? Well, that's because Hippocrates, the father of Western medicine, situated his first hospital next to a stream so that he could have a large supply of fresh watercress on hand to treat his patients. The ancient Romans and Greeks believed watercress had the power to invoke wit, character and courage in addition to its power to heal.

Step 1: Preparing the Juice

- 1 cup watercress (approx. 1/2 bunch)
- 1 cup spinach
- 3 large tomatoes
- 1 red pepper
- 1 orange pepper
- 4 celery stalks
- 4 large carrots
- 1/2 jalapeño pepper (optional)
- 3 cloves garlic, or to taste

This recipe makes enough for two 16-ounce servings.

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

Peel the garlic and cut the jalapeño in half. Depending on your spice level preference, you may want to remove the seeds.

Put all of the ingredients through a juicer. Serve immediately.