

Sweet & Spicy Vegetable Juice

Serves 2 | Active Time: 10 minutes | Total Time: 10 minutes

Swick

Chef's Notes

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

Step 1: Preparing the Juice

- 2 large orange peppers
- 4 ripe tomatoes
- 3 carrots
- 4 stalks celery
- 1/3 English cucumber
- 1 jalapeño , or to taste
- 1 fresh lime
- 1 clove garlic

This recipe makes enough for two 16-ounce servings.

To prepare the juice, wash all of the ingredients. Cut and deseed the pepper.

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

For the lime, depending on your preference, you can either peel it or leave the peel on. The peel will provide a stronger lime flavor.

Lastly, peel the garlic.

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