



CELERY-BRATE THE GREEN

By Maan and Farah

Preparation Time: 5 min



INGREDIENTS

Celery
Organic Cucumber
Mint
Ginger

Lime Juice
Organic Monk Fruit Sugar
Organic Matcha Powder
Sea Salt

METHOD

1. Combine all ingredients in blender's pitcher.
2. Add 400 ml cold water and half cup ice.
3. Blend until very smooth.
4. Enjoy the juice as is with all the fibers retained. As an option you can strain using fine colander, use a spoon to push out all & retain all liquids.
5. If desired add ice and enjoy.

Health Benefits

- Together, this mix can lower blood pressure and help fight inflammation.
- It is packed with vitamins A, K and potassium and is a great way to keep yourself hydrated.
- The antioxidants and caffeine in Matcha may boost your brain performance and support your immune system.

This recipe was prepared in collaboration with



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