

Ye?il Detoks Suyu

Healthy green detox juice recipe with celery, apple, cucumber and herbs. Perfect for morning boost and natural cleansing. Ready in 10 minutes!

10 min

HAZIRLIK

10 min

TOPLAM

1

PORSIYON

Easy

ZORLUK

Ye?il Detoks Suyu

Malzemeler

- 1 celery stick
- 1 apple
- 1 cucumber
- 1 tsp fresh root ginger
- 1 sprig parsley
- 1 lemon
- 1 cup water

Yap?l???

- Prepare the ingredients**

Wash all produce under cold running water and pat dry with clean towels. Core and roughly chop the apple into 1-inch pieces. Peel the kiwi and cut into quarters. Cut the cucumber into 2-inch chunks. Roughly chop the celery into 2-inch pieces. Remove thick stems from the parsley and basil leaves. Peel the ginger with a spoon edge and cut into small pieces.
- Juice the base vegetables**

Feed the cucumber and celery pieces through your juicer according to manufacturer's instructions. Collect the juice in a large measuring cup or bowl.
- Add the apple pieces and kiwi quarters to the juicer. Process until all fruit is juiced and the mixture appears smooth and well-combined.**
- Juice the parsley sprig and basil leaves, pushing them through slowly to extract maximum liquid. The juice should now have a vibrant green color.**
- Add the ginger pieces to the juicer and process completely. Cut the lemon in half and juice both halves directly into the mixture.**
- Finish and serve**

Pour 1 cup of water into the juice mixture and stir well to combine. Taste and adjust with additional lemon juice if desired. Pour into a tall glass over ice and serve immediately while fresh and cold.

?puçlar?

Always wash all vegetables and fruits thoroughly before juicing, even if you plan to peel them, to remove any surface bacteria or residues.

Cut produce into appropriate sizes for your juicer or blender to ensure smooth operation and better juice extraction.

Start with liquid ingredients first when using a blender, then add softer ingredients, and finish with the hardest items to achieve the smoothest blend.

If using a blender instead of a juicer, add water gradually to reach your desired consistency, and strain through a fine mesh if you prefer a smoother texture.

Include the cucumber peel when juicing as it contains valuable nutrients and beta-carotene, just make sure to wash it thoroughly first.

Don't overfill your juicer or blender to prevent clogging and ensure even processing of all ingredients.

Drink your green detox juice immediately after preparation for the best taste and maximum nutrient retention.

Add ice cubes just before serving to keep the juice refreshingly cold without diluting it during preparation.