

Secret Recovery Juice

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Prep: 5 Cook: 0 Rest: 0 Servings: 1

Ingredients

- 5 ▸ Celery Stalks
- 1 handful ▸ Cilantro
- 3 ▸ Oranges
- 1 ▸ Cucumber
- 1 ▸ Lemons or Limes
- 1 ▸ Young Coconut Water

Instructions

1. Juice Ingredients

Add the prepared ingredients to your juicer. Use a high-quality juicer for optimal results, such as a Kuvings juicer. Tip: The video recommends a Kuvings juicer. Juice all ingredients until fully extracted.

2. Serve and Enjoy

Pour the juice into a glass and enjoy immediately. Tip: It's recommended to drink at least 32 ounces every morning.

3. Strain (Optional)

If desired, strain the juice through a fine-mesh sieve to remove any pulp. This step is optional.

4. Prepare Ingredients

Peel the oranges, lemons/limes, and cucumber. Wash the celery and cilantro thoroughly. Open the young coconut and reserve the water.

Source: <https://youtu.be/ghPdGUyXRg4>