

Prep Time	10 minutes
Juicing Time	5-8 minutes
Total Time	15-18 minutes
Difficulty	Easy
Intensity Level	Low (light physical effort)
Servings	2 glasses (approx. 16 oz / 480 ml total)
Category	Beverage / Detox / Vegan
Method	Juicing (blender alternative included)

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Why This Juice Works

Celery is a natural diuretic rich in water, potassium, and antioxidants. Combined with cucumber, lemon, and ginger, this juice helps flush excess sodium, reduce water retention, and calm inflammation. It's a gentle way to start the day or reset after a heavy meal — without starving yourself or relying on harsh cleanses.

Ingredients

Fresh Produce

- 6–8 large celery stalks (about 1 full head/bunch), washed and chopped into 2-inch pieces
- 1 medium cucumber (English or Persian preferred), peeled if waxed
- 1 green apple (Granny Smith or Honeycrisp), cored and quartered
- 1 lemon, peeled (keep a little pith for fiber, or remove entirely for smoother taste)
- 1-inch knob of fresh ginger, peeled
- ½ inch knob of fresh turmeric (optional, for extra anti-inflammatory power)

Optional Boosters

- ½ cup fresh spinach or kale
- 1 tbsp fresh aloe vera gel (inner fillet only)
- ¼ tsp cayenne pepper (metabolism kick)
- 5-6 fresh mint leaves

Liquid (if using a blender)

- ½ cup cold filtered water or coconut water

For Serving

- Ice cubes
- Lemon wedge
- Fresh mint sprig

Equipment Needed

- Juicer (centrifugal or masticating) OR high-speed blender + nut milk bag/cheesecloth
 - Sharp knife and cutting board
 - Vegetable peeler
 - Measuring cup
 - Tall glasses
 - Fine-mesh strainer (optional)
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Time & Intensity Breakdown

Phase	Time	Intensity	What's Happening
Washing & Chopping	5-6 min	Low	Rinse produce, chop celery/cucumber, core apple
Peeling	1-2 min	Low	Peel lemon, ginger, turmeric
Juicing	3-5 min	Low-Moderate	Feed ingredients through juicer one by one
Straining (if blending)	2-3 min	Moderate	Squeeze pulp through nut milk bag

Phase	Time	Intensity	What's Happening
Stirring & Serving	1-2 min	Low	Mix, pour over ice, garnish
Total Active Time	~12-18 min	Low overall	Gentle, standing kitchen work

Physical Intensity Rating: 2/10 — Light effort, suitable for all fitness levels. No heat, no heavy lifting.

Step-by-Step Instructions

Step 1: Prep the Produce (5-6 minutes)

Wash all produce thoroughly under cold running water. Scrub celery stalks and cucumber to remove dirt and pesticide residue. Chop celery into 2-inch pieces so they fit your juicer chute. Cut cucumber into chunks (peel if the skin is thick or waxed). Core and quarter the apple — no need to peel, as the skin holds fiber and nutrients. Peel the lemon, ginger, and turmeric.

Step 2: Set Up Your Station (1 minute)

Place your juicer on a stable surface with a large pitcher or bowl under the spout. If using a blender, set up your nut milk bag over a large bowl. Keep a small compost bowl nearby for pulp.

Step 3: Juice the Ingredients (3-5 minutes)

Feed ingredients into the juicer in this order for best extraction:

1. Celery first — it has high water content and helps flush the machine
2. Cucumber — more liquid

3. Apple — adds sweetness and helps push fibrous pulp through
4. Ginger and turmeric — small pieces, follow with a celery stalk to push through
5. Lemon last — brightens flavor

Intensity tip: Feed slowly. Rushing causes clogging and lowers yield.

Step 4: Strain (If Using a Blender) (2-3 minutes)

If blending: add all chopped ingredients plus $\frac{1}{2}$ cup water. Blend on high for 60–90 seconds until completely smooth. Pour into a nut milk bag over a bowl. Squeeze firmly — this is the most physical part (moderate intensity). Discard pulp or save for compost.

Step 5: Taste & Adjust (30 seconds)

Pour a small sip. Too tart? Add $\frac{1}{4}$ apple. Too sweet? Squeeze in extra lemon. Too spicy? Add 2 tbsp coconut water.

Step 6: Serve Immediately (1 minute)

Pour over ice in tall glasses. Garnish with a lemon wedge and mint sprig. Stir gently.

Chef's Notes & Tips

- Drink within 15 minutes for maximum enzyme and nutrient content.

- Best time to drink: Morning on an empty stomach, or 30 minutes before a meal.
- Make it a habit: Drink 3–5 times per week for gentle detox support — not as a meal replacement.
- Storage: If you must store it, use a sealed glass jar filled to the brim (minimize air) and refrigerate up to 24 hours. Shake before drinking.
- Pulp use: Save pulp for soups, muffins, or compost.
- Kid-friendly: Add ½ banana or a splash of apple juice to mellow the green flavor.

Nutrition Information

Serving Size: 1 glass (approx. 8 oz / 240 ml)

Servings Per Recipe: 2

Nutrient		Amount Per Serving
Calories		85 kcal
Total Fat		0.4 g
Saturated Fat		0.1 g
Trans Fat		0 g
Cholesterol		0 mg
Sodium		85 mg
Total Carbohydrates		19 g
Dietary Fiber		2.5 g
Total Sugars		12 g

Nutrient		Amount Per Serving
Added Sugars		0 g
Protein		2 g
Vitamin A		12% DV
Vitamin C		45% DV
Vitamin K		38% DV
Potassium		420 mg (12% DV)
Calcium		6% DV
Iron		4% DV
Magnesium		8% DV