

NASHI PEAR JUICE

INGREDIENTS:

- 2 Nashi Pears
- 2 Green Apples
- 2 Sticks of Celery
- 1 Lemon

METHOD:

1. Wash all the ingredients and chop if needed.
2. Peel the lemon if desired (the peel gives the juice a more bitter taste).
3. Juice all ingredients.
4. Pour over ice.
5. Serve and enjoy.

SUBSTITUTIONS:

- Nashi Pears – Pear, any type of Apple
- Green Apple – any other type of Apple, Zucchini, Lime, Kiwi
- Celery – Cucumber, Zucchini, Lime, Cabbage, Spinach, Kale
- Lemon – Orange, Lime, Mandarin