

Cucumber Carrot Juice

3 large cucumbers, peeled

6 carrots

1 large green apple, stalk removed

2 celery stalks, including leaves

1 large beet, scrubbed

Ice Cubes, to serve

Juice the cucumbers, carrots, apple, celery and beet in a juicer. Stir to combine and serve over ice. Makes 4 small glasses.