



BEVERAGES

Rejuvenation Shake

This novel rejuvenation shake is vegetable based. For folks who struggle to eat 5 or more servings of vegetables a day will love this blended drink.

YIELD: Serves 4

INGREDIENTS

- 1 1/2 cups fresh tomato (chopped)
- 1/2 clove garlic
- 1 tablespoon parsley (minced)
- 1/4 medium onion (peeled and chopped)
- 1 celery stalk (chopped)
- 1 carrot (chopped)
- 1/2-1 tablespoon fresh oregano leaves
- 1 bell pepper
- 2 tablespoons orange or lemon juice
- 1/2 cup walnuts (soaked in water)
- Sea salt and cayenne pepper to taste

DIRECTIONS

1. Combine all ingredients in a blender and process until smooth and creamy.
2. Add salt to taste and a pinch of cayenne, if you want a spicier version.



NUTRITION GEM

Health Benefits of Celery, Parsley & Orange Juice

One of several smoothie recipes to provide variety, convenience and easy to make and enjoy morning meal, mid-day snack or light supper.

Celery — Celery is low in calories high in fiber, with vitamin K, vitamin A, folate, potassium, and calcium to promote weight management, nerve stability, and digestive health.

Parsley — Parsley is a chlorophyll-rich plant with vitamin A, C, and K, folate, iron, and other minerals to contribute to strong bones, good nerves, vision, and immunity.

Orange Juice — Orange juice, when organic, fresh-squeezed or 100% juice is a good source of vitamin C, folate, and potassium, and it's packed with antioxidants that contribute to improved heart health, reduced inflammation, and a lower risk of kidney stones.