



CILANTRO JUICE

INGREDIENTS:

- 4 cups of water
- 1 large bunch of cilantro
- 1/2 of a large cucumber
- Juice from 1 lime

DIRECTIONS:

1. Add 4 cups of water to the blender.
2. Take the cilantro bunch and wash thoroughly. Make sure to get out any dirt that may be hiding in the bunch. There is nothing worse than a gritty, crunchy texture to your juice!
3. Once washed completely, coarsely chop up the cilantro.
4. Add the chopped cilantro into the blender, stems and all.
5. Wash and peel the cucumber. Chop it up and add it to the blender.
6. Squeeze the juice from one lime into the blender.
7. Blend on high for 1-3 minutes (depending on the power of your blender).
8. Once everything is completely blended, pour a small amount into a cup to sample. This will tell you if you need to strain or not.
9. If there is still a lot of “chunkies” in the juice, you can either blend it some more or use a fine mesh strainer, cheese cloth or something of the like to create a more palatable texture. This step is optional and just depends on personal preference.
10. Store in the fridge in an air tight glass jar (such as a ball jar) for 3-4 days.