

COOLING CUCUMBER COCONUT JUICE

Vata ↓, Pitta ↓, Kapha ↑

Serves 2 to 3 / Prep Time: 30 minutes

INGREDIENTS

- 3 cucumbers
- 5 apples, any variety
- 8 ounces of raw coconut water
- 1/2 lime
- 5 to 10 sprigs of fresh garden mint

DIRECTIONS

1. Wash the cucumbers, apples, and mint thoroughly. Cut them into small pieces to fit your juicer.
2. Put these ingredients through the juicer and collect the juice into a large bowl.
3. Strain the juice if desired, as frothy bits tend to collect in the finished product. This step is optional however.
4. Add the coconut water and squeeze in the fresh lime juice. Mix together and voila! Refreshingly hydrating, Pitta-soothing juice!
5. Enjoy with a friend or save the extra for up to 24 hours in a tightly sealed container.