

# APPLE & KIWI

winter, tonic, antioxidant, Vitamin C

For  
**3**  
Glasses

## Ingredients:

3 Granny Smith apples (medium-size)  
½ lime  
3 kiwis

**Preparation:** Peel the lime, and kiwis which give the green colour to the juice. Process the kiwis, apples and lime in the J 80 Ultra/J 100 Ultra centrifugal juicer. Stir with a spoon and serve immediately before the apple oxidizes.

**Benefits:** Kiwis are an excellent source of **vitamin C**.

**Another idea:** If sour, add honey or cane syrup to the juice. Cucumber or a stalk of celery can replace the kiwis.

**Robot-Coupe tips:** With the Ultra juicer there's no need to cut up the apples or remove their cores.

