

CUCUMBER MILK

winter, original, digestion, Vitamin E

For
4
Glasses

Ingredients:

1 cucumber
4 Granny Smith apples (medium-size)
3 teaspoons dill
½ lemon
goat's milk

Preparation: Do not peel the cucumber as its skin is full of vitamins and gives colour to the juice. Use preferably organic cucumbers. Peel the lemon. Process the cucumbers, apples, dill and half-lemon in the J 80 Ultra/J 100 Ultra centrifugal juicer. Add the goat's milk. Pour into 4 glasses.

Decoration: serve with thin slices of radish cut using the Robot-Coupe vegetable-cutter (1 mm slicing disc).

Benefits: Cucumber is an excellent diuretic and depurative. Goat milk proteins and fats are more digestible than those of cow's milk.

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

