

PEAR, MELON & CURCUMA

summer, digestion, tonic, spicy

For
4
Glasses

Ingredients:

400 g yellow melon

1 grapefruit

½ pear

½ Golden apple

1 thin slice of ginger

½ lemongrass stalk

1 pinch of curcuma

Preparation: Remove the melon rind and peel the grapefruit. Process the apple, ginger, lemongrass stalk, pear, melon and grapefruit in this order in the J 80 Ultra/J 100 Ultra centrifugal juicer. Mix well and serve in 4 cocktail glasses.

Decoration: serve with thin slices of pear cut using the Robot-Coupe vegetable-cutter (use 1 mm slicer).

Benefits: Ginger is very healthy. Like lemongrass, it helps digestion and prevents cardiovascular diseases.

Robot-Coupe tips: Before processing in the Ultra juicer, fruit and vegetables with thick rinds must be peeled (eg: melon) and all big pips removed (eg: melon).

