

SWEET GRAPEFRUIT

spring, energizer, antioxidant, anti-cholesterol

For
3
Glasses

Ingredients:

250 g oranges

250 g grapefruit

250 g strawberries

Preparation: Peel the oranges and grapefruit to avoid their bitterness. Wash the strawberries but do not remove their stalks. Process all the ingredients in the J 80 Ultra/J 100 Ultra centrifugal juicer.

Mix well and serve in cocktail glasses.

Benefits: Orange and grapefruit are rich in **vitamine C**.

Another idea: If sour, add honey or cane syrup to the juice.

Robot-Coupe tips: The Ultra juicer can process the peeled citrus whole.

