



**Classic and Essential Nutrition**  
A Corporate Nutrition & Healthy Lifestyles Consultancy



## Body Repair Juice (2 servings)

### Ingredients

- 3 stalks celery - coarsely chopped
- 1 Tbsp turmeric - *freshly grated*
- 1 Tbsp ginger - *freshly grated*
- 3 pieces fresh lemon - *skinned*
- 2 cups fresh, or frozen pineapple - *(include the core)*
- A pinch black pepper *(optional)*

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### Preparation

- Wash and peel all ingredients and chop and grate fruit and vegetables.
- Add to a high speed blender/food processor. Skim off extra pulp.
- Add the optional pinch of black pepper, if desired.
- Pour into a juice glass and enjoy! *(May be served over ice.)*