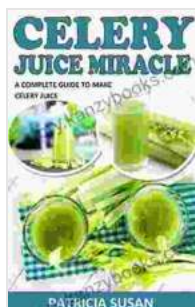


The Complete Guide to Make Celery Juice



CELERY JUICE MIRACLE: A Complete Guide To Make Celery Juice by Sam Dillard

★★★★☆ 4.6 out of 5

Language : English
File size : 357 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 13 pages
Lending : Enabled



Celery juice is a popular health drink that is said to have many benefits, including reducing inflammation, boosting immunity, and improving digestion. It is made by juicing celery stalks, and can be enjoyed fresh or frozen.

Benefits of Celery Juice

Celery juice is a good source of vitamins and minerals, including vitamin K, vitamin C, and potassium. It is also a good source of antioxidants, which can help to protect your cells from damage.

Some of the potential benefits of celery juice include:

- Reducing inflammation
- Boosting immunity

- Improving digestion
- Lowering blood pressure
- Reducing cholesterol
- Protecting against cancer

How to Make Celery Juice

Celery juice is easy to make at home. You will need a juicer and a few celery stalks.

1. Wash the celery stalks thoroughly.
2. Cut the celery stalks into small pieces.
3. Juice the celery stalks using a juicer.
4. Enjoy the celery juice fresh or freeze it for later.

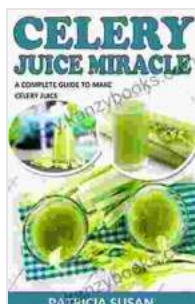
Celery Juice Recipes

Celery juice can be enjoyed on its own or added to other juices or smoothies. Here are a few celery juice recipes to try:

- ****Celery juice with lemon:**** Add a squeeze of lemon juice to your celery juice for a refreshing twist.
- ****Celery juice with ginger:**** Add a small piece of ginger to your celery juice for a spicy kick.
- ****Celery juice with apple:**** Add a few slices of apple to your celery juice for a sweet and tart flavor.

- ****Celery juice with spinach:**** Add a handful of spinach to your celery juice for a green boost.
- ****Celery juice with pineapple:**** Add a few slices of pineapple to your celery juice for a tropical flavor.

Celery juice is a healthy and refreshing drink that can be enjoyed in many different ways. If you are looking for a way to improve your health, consider adding celery juice to your diet.

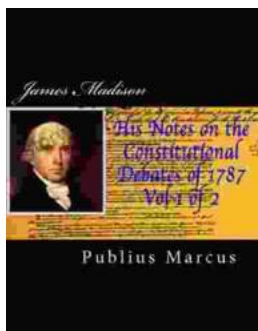


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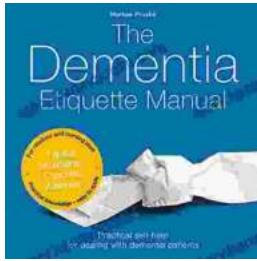
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