



**VETRI
COMMUNITY
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.

MOBILE TEACHING KITCHEN

Broccoli Pear Juice

INGREDIENTS

- 1 small head of **broccoli**, florets and stems
- 2 ribs **celery**
- ½ medium **cucumber**, peeled
- 1 ½ **pear**, peeled
- ½ **lemon**, juiced

DIRECTIONS:

1. Wash hands with soap and warm water before beginning recipe. Rinse all fruits and vegetables under cold running water to remove excess dirt.
2. Chop fruits and vegetables into small pieces to make blending easier.
3. Place in a blender or a container with tall sides and blend with an immersion blender.
4. Strain using a fine meshed strainer over a pitcher to remove pulp. Using a spoon or spatula to push around the pulp, it will allow more juice to
Step 3 and 4 can be skipped if you have a juicing machine at home
5. Serve juice immediately and enjoy!

Broccoli in a juice? Trust us! Eating a bowl of broccoli can be challenging sometimes, so one way to get the incredible benefits of this superfood is to juice it! The pear, cucumber and lemon balance out the bitterness and makes for a surprisingly refreshing drink. By drinking green juices and smoothies, they deliver nutrients quickly and your body doesn't need to work hard to digest.



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