

# PERT PEACH

summer, antioxidant, **healthy**, Vitamins A & C

For  
**3**  
Glasses

## Ingredients:

6 peaches  
½ lemon  
1 big pinch of ground nutmeg  
300 ml soda water  
1 thin slice of ginger

**Preparation:** Remove the peach kernels and peel the lemon. Do not peel the ginger. Process the peaches, ginger and lemon in this order in the J 80 Ultra/J 100 Ultra centrifugal juicer. Add the ground nutmeg and soda water.

Pour into 3 glasses.

*Decoration: serve with thin slices of peach.*

**Benefits:** Peaches, rich in minerals and vitamins A & C, are ideal to use in **antioxidant-rich juices**.

**Another idea:** Use white and yellow peaches.

**Robot-Coupe tips:** Remember to remove the kernel from the fruit (eg. peach, apricot, cherry...). Spices and roots like ginger are easily processed with other fruit and vegetables in the J 80 Ultra centrifugal juicer adding flavour to any juice.

