

RUBY RED

spring, digestion, antioxidant, anti-inflammatory

For
4
Glasses

Ingredients:

300 g strawberries

3 carrots

¼ pineapple

Preparation: Peel the pineapple. Wash the strawberries but do not remove their stalks as they will automatically be discarded in the waste container.

Process ¼ pineapple, strawberries and carrots in this order in the J 80 Ultra/J 100 Ultra centrifugal juicer. Shake well.

Decoration: serve with cut strawberries.

Benefits: Pineapple is full of fibres, so good for digestion. Strawberries, rich in vitamins, boost your **immune system**.

Another idea: Spice up your juice with vanilla, cardamom or ginger.

Robot-Coupe tips: The Ultra juicer can process carrots whole 2 - 3 at a time.

