



Tomato & Celery Juice

Tomatoes are rich in vitamin B-9, commonly known as folate. This helps lower the risk of infections. In addition, tomatoes also provide a good amount of magnesium which is an anti-inflammatory.

Celery helps to reduce bloating and puffiness, has antioxidants. You will also enjoy vitamins A, K, and C, plus minerals like potassium and folate when you eat celery. It's also low in sodium. Plus, it's low on the glycemic index, meaning it has a slow, steady effect on your blood sugar.

Ingredients

- 3-4 tomatoes
- 2 stalks celery (you can add the leaves in too)
- 1 tbsp sugar or to taste
- 1/2 tsp salt
- Pinch of black pepper powder
- Squeeze of lemon to taste

Optional

- You can add a splash of tabasco sauce to give a little extra punch

To make the juice

You can either choose to cook all the ingredients together as below

- Place all the ingredients together in a pot
- Bring to a simmer and cool for about 20-25 minutes
- Strain the pulp with a strainer and allow it to cool completely
- Serve chilled

Best had chilled and will last for about one week in an airtight bottle or container in the fridge.

Or for a quick fix version

- Blitz everything together (apart from the lemon juice) in a juicer or blender
- Strain if you prefer to have a smooth juice, add lemon juice to your taste
- Serve chilled