

Cucumber Grapefruit Refresher

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cucumber
- 1 grapefruit
- 1 or 2 limes
- Chunk of ginger
- Optional: Hot chili pepper
- 1 cup sparkling water

Instructions:

1. Using a juice extractor, run your cucumber, grapefruit, ginger and lime through the juicer.
Every juicer is different but mine yields about 1 cup fresh raw juice.
2. To this I added some carbonated water to give it an effervescent taste.