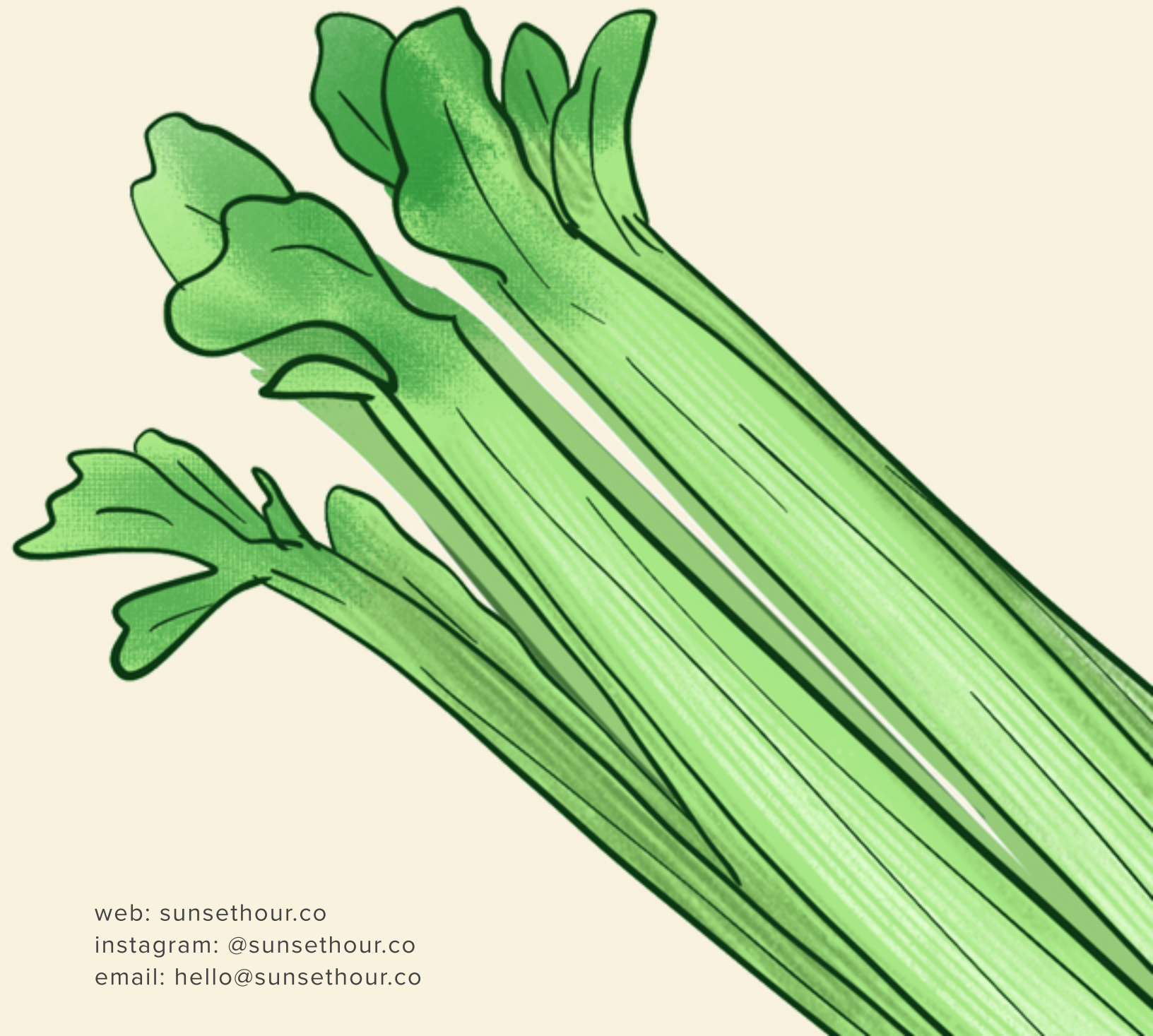


sunset

H O U R

CELERY JUICE

RECIPE CARD & GUIDE



web: sunsethour.co

instagram: [@sunsethour.co](https://www.instagram.com/sunsethour.co)

email: hello@sunsethour.co

sunset

H O U R

CELERY JUICE

RECIPE CARD & GUIDE

If you haven't jumped on the green juice kick yet...drinking 8 - 10 ounces of celery juice daily, on an empty stomach, sets your body up for success. Why? It lowers inflammation!

In Anthony William's book Medical Medium, Williams asserts that celery has regenerating and healing properties that are enhanced when celery juice is drank independently. Celery has powerful antioxidant characteristics that remove free radicals from the body. Celery Juice also offers ultra hydration and is great for skin health and radiance.

MY SUNSET HOUR TIPS

Health experts recommend juicing fresh daily. With my busy morning schedule, I find that a bit more challenging, which is why I prepare for the week ahead by juicing Monday through Friday batches on Sundays and refrigerate.

WHAT YOU NEED

Juicer
Sealed Glassware
Cutting Knife
10 Celery Stalks

STEPS

1. Chop Celery Ends
2. Clean Celery
3. Juice
4. Pour into Glassware
5. Refrigerate

Prep Time: 15 Mins

Juice Time: 5 Mins

Clean up: 10 Mins

TOOLS

Juicer
Sealed Glassware

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*happy
juicing*