

Grapefruit Juice Cooler

Inexpensive and available all year, red grapes and grapefruit are rich sources of essential vitamins and nutrients. Low on the glycemic index and packed with antioxidants, both play a role in longevity, are rich in phytonutrients (grapes contain resveratrol and red grapefruit are high in lycopene) and high in Vitamin C. Combined, the sweet and sour of these fruits balance each other beautifully for a classic taste combination.

Yield: 16 oz of juice and about 1 cup of pulp **NMB BL**

Ingredients:

- 1½ cups red seedless grapes** (about 45-50 grapes)
- ½ large grapefruit** peeled and rough chopped
- 1 large stalk of celery**
- 2 medium apples** rough chopped
- ½ cup parsley** packed measure (about 8-10 sprigs)
- 1 cup spinach** packed measure (1 large handful)

Directions:

Rough chop the grapefruit, celery, and apple into medium pieces (approximately 1 inch). Place all ingredients in high speed blender in the order they are listed. Blend smooth (about 1 minute cycle). The plunger may be needed to get things started. You might need to blend a little before adding the 'greens' to get the water content up as needed to ensure all the ingredients blend well. Strain blended mixture through a ***More than a Nut Milk Bag***, gently 'milking' the pulp and catching the juice in a bowl or pitcher. Serve immediately because Vitamin C starts to degrade the instant it hits the air. Save the pulp for use in other recipes.

Addition:

Add a thumb-sized piece of ginger for that extra zing.

