



**Cornell University**  
Cooperative Extension  
New York City



## Green Smoothie

Yields 10 servings (½ cup each)

### Ingredients

- 3 celery stalks, chopped
- 1 green apple, chopped
- 1 cucumber, small, chopped
- ¼ cup fresh ginger, peeled, chopped (or 2 pieces, 1 inch each)
- 1 green lemon
- 2 cups water

### Instructions

1. Wash all produce with cold, running water. Peel the ginger only.
2. Chop the celery, apple, cucumber, and ginger into 1-inch pieces. Slice the lemon in half.
3. Add the chopped celery, cucumber, apple, ginger, and water to a blender. Add juice of one green lemon to the blender. Blend for 1 minute until a smooth consistency is reached without food chunks.
4. Serve and enjoy. Leftover smoothie can be stored in an air-tight container in refrigerator for up to 2 days.

### Helpful Information

- Smoothies contain fiber because nothing from the original fruit or vegetable is removed when it's made by using a blender. Fiber helps with digestion, keeps us full longer, support our gut health, and lowers our cholesterol.
- Celery juice helps you stay hydrated, and it is low in sugar and calories. Celery juice is a healthier option than sugary beverages. Celery contains antioxidants that can reduce inflammation in the body.
- People who are allergic or sensitive to celery should avoid eating this plant.
- Fresh ginger juice, whether you consume it on its own or mixed with carrots and apple, has these health benefits: it is anti-inflammatory, it helps manage arthritis symptoms, and it supports immune health.

**Source:** CUCE-NYC FMNP Recipe Collection 2023

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

<b>Nutrition Facts</b>	
Servings Per Recipe	10 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
<b>% Daily Value*</b>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 68mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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## Batido Verde

Rinde 10 porciones (½ taza cada una)

### Ingredientes

- 3 tallos de apio, cortados
- 1 manzana verde, cortada
- 1 pepino pequeño, cortado
- ¼ taza gengibre fresco, pelado (o 2 pedazos de 1 pulgada cada uno)
- 1 limón verde
- 2 tazas de agua

### Instrucciones

1. Lave todos los vegetales y frutas con agua fría corriente. Pele sólo el gengibre.
2. Corte el apio, la manzana, el pepino, y el gengibre en pedazos de 1 pulgada. Corte el limón verde por la mitad.
3. Agregue el apio, la manzana, el pepino, el gengibre, y el agua a una licuadora. Agregue jugo de 1 limón. Licúe por 1 minuto hasta que tenga una consistencia líquida, sin pedazos.
4. Sirva y disfrute. Se puede guardar lo que sobre del batido en un contenedor cerrado en el refrigerador por hasta 2 días.

### Información Útil

- Los batidos contienen fibra porque ninguna parte de la fruta o del vegetal se remueve cuando se usa una licuadora. La fibra ayuda en la digestión, nos mantiene saciados por más tiempo, apoya nuestra salud intestinal, y baja nuestro colesterol.
- El jugo de apio le ayuda a mantenerse hidratado, y es bajo en azúcar y calorías. El jugo de apio es una opción más saludable que las bebidas azucaradas. El apio contiene antioxidantes que pueden reducir la inflamación en el cuerpo.
- Las personas que tienen alergia o son sensitivas al apio deben evitar comer esta planta.
- El jugo fresco de gengibre, si se consume por sí solo, o mezclado con zanahoria o manzanas, tiene estos beneficios: es anti-inflamatorio, ayuda a manejar los síntomas del artritis, y apoya el sistema inmunológico.

**Source:** CUCE-NYC FMNP Recipe Collection 2023

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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