

Gazpacho Juice

Swick

Serves 2 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

For the best results, use fresh organic fruits and vegetables whenever possible.

Step 1: Preparing the Juice

- 4 large tomatoes
- 1 cucumber
- 3 celery stalks
- 1 red pepper
- 1 cup cilantro (approx. 1/2 bunch)
- 1/2 cup parsley (approx. 1/4 bunch)
- 1/2 jalapeño pepper
- 1 lime
- 1/4 red onion (or to taste)
- 2 cloves garlic
- pinch of ground cumin (optional)
- sea salt, to taste (optional)

This recipe makes enough for two 16-ounce servings.

To prepare the juice, wash all of the ingredients. Cut and deseed the pepper.

For the jalapeño, depending on your spice level preference, you may want to remove the seeds.

For the lime, depending on your preference, you can either peel it or leave the peel on. The peel will provide a stronger lime flavor.

Lastly, peel the onion and garlic.

Put all of the ingredients through a juicer. If desired, add a pinch cumin and/or sea salt and serve immediately.