



KEEP THE FIBRE PARSLEY JUICE (TM6, TM5, TM31)

⏱ 5 min. ⌚ 5 min. 🌿 easy 🍹 4 glasses

INGREDIENTS

4-6 sprigs fresh flat-leaf parsley, leaves only

1 lemon, flesh only, white pith and pips removed

40-50 g caster sugar, to taste (optional)

100 g ice cubes

500-700 g water, to taste

THERMOMIX PARTS

measuring cup

Preparation

1. Place parsley, lemon, caster sugar (optional) and ice cubes into mixing bowl and blend **30-40 sec/speed 9**.
2. Add water and mix **20 sec/speed 8**. Serve immediately.

TIPS

- Increase the amount of parsley for a stronger flavour.
- Using ice cubes and water in your juice helps to incorporate the fibre into the juice and works to dilute high fructose levels.

VARIATION

- **Lemon and mint juice:** substitute the parsley for mint leaves and proceed as per recipe.