



COMO SHAMBHALA



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This zingy juice supports urinary tract health and is fantastically refreshing with cooling cucumbers. It's a great way to start the day, and is best consumed on an empty stomach.

Vitamin-Rich | Mineral-Rich | Antioxidant-Rich | Heart Healthy | Digestive Support
Smart Carbohydrate | Cleansing | Raw | Gluten-Free | Vegan

CRANBERRY HEALER

SERVES 1

INGREDIENTS

1 LEBANESE CUCUMBER, CUT INTO QUARTERS
1 ORANGE, PEELED AND CUT INTO QUARTERS
1 LIME, PEELED AND CUT INTO QUARTERS
120G/4½OZ (1 CUP) FROZEN CRANBERRIES

Put the cucumber, orange and lime through a juice extractor, using a jug to catch the juice.

Transfer the liquid to a blender, add the frozen cranberries and blend until smooth. Pour into a glass and serve immediately.

This recipe is one of 147 signature recipes from our cookbook,
The Pleasures of Eating Well: Nourishing Favourites from the COMO Shambhala Kitchen (Clearview, 2016)
– each one selected to bring our renowned style of taste and nutrition to the home kitchen.