



GRAPEFRUIT, ORANGE & LEMON JUICE WITH GINGER & CHIA SEEDS

Season: Winter
From the garden: Grapefruit, oranges, lemon, ginger, mint
Type: drink
Difficulty: easy
Serves: 30 small drinks
Source: Adapted from: Ashley's Green Life, 'My Daily Chia Seed Drink' YouTube

Equipment

- Jar with lid
- Knife
- Chopping board
- Juicer
- Jug(s) to contain juice
- Small cups or glasses to serve
- tablespoon

Ingredients

- * 3 tbsp chia seeds
- * 1 cup water
- * 10 medium grapefruit
- * 10 oranges
- * 4 lemons
- * Sugar and water to taste
- * Washed mint leaves to garnish

Method

1. Fill jar with water, add the chia seeds, put lid on, shake vigorously and allow to sit.
2. Peel and cut the oranges into halves or quarters. The seeds do not need to be removed as the juicer will do this for you.
3. Peel and cut the grapefruit into halves or quarters. The seeds do not need to be removed as the juicer will do this for you
4. Peel and cut the lemons into halves. The seeds do not need to be removed as the juicer will do this for you
5. Juice extraction: place the fruit pieces 2-3 at a time into the juicer and gently press through until you have used them all.
6. Thoroughly stir the chia seed and water mix, along with the ginger, through the fruit juice.
7. Taste and add sugar and water until desired flavour has been achieved
8. Transfer to serving cups or glasses, garnish with mint and enjoy.

Notes: Freshly squeezed juice should be consumed right away in order to get the most nutrients out of it. As soon as you juice fresh produce, you break open the cell walls, activating the nutrients. Many of these nutrients are time-sensitive and start to deteriorate after around 20 mins.

Chia seeds can absorb up to 12 times their weight in liquid! Water-soaked chia seeds are easier to digest and the nutrients are better absorbed by our bodies. 10 minutes is all it takes, though they can be left to soak overnight which is even better!

Skills: Use of large kitchen appliance, vigorous (and fun) shaking!