**Celery Juice Recipe (**2 servings)

**Ingredients:** 1 large bunch celery.

**Directions**: Rinse the celery and run it through a juicer. You want to aim for at least 16 ounces of fresh celery juice.

Drink immediately for best results.

**Celery Juice Nutrition Facts**

Serving Size 1 cup (8 ounces)

Per Serving

Calories 42

Calories from Fat 0

Total Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 215mg

Potassium 670mg

Carbohydrates 9g

Dietary Fiber 4g

Sugars 6g

Protein 2g