



## VITAMIN U FOR INDIGESTION SMOOTHIE

Vitamins U is not really a vitamin but its essentially Cabbage.

 15 minutes

 10 minutes

 2 portions

## INGREDIENTS

- 1 medium head (about 5-3/4" dia) of cabbage, raw (908 g)
- 2 tomato of tomatoes, orange, raw (222 g) **or** 2 medium unit of carrots, raw (122 g)
- 4 large stalks (11"-12" long) of celery, raw (256 g)

## COOKING METHOD

- 1° 1. Cut the cabbage into long wedges and then feed through the juicer first followed by the tomatoes and celery. If you do not own a juicer, a standard blender can do the trick, using the same process.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (668 g)	% DRI
ENERGY	23 kcal	153 kcal	8 %
FAT	0 g	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	34 mg	228 mg	10 %
CARBOHYDRATE	5 g	35 g	12 %
SUGARS	3 g	18 g	—
FIBER	2 g	15 g	59 %
PROTEIN	1 g	8 g	—