

Detox Juice Recipe with Apple, Pineapple, Cucumber, and Mint

2 tablespoons lime or lemon juice



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INGREDIENTS

- 1 1/4 cups apple juice
- 1 1/4 cups pineapple juice
- 2 teaspoons fresh ginger
- 1 peeled cucumber
- 7 mint leaves
- 2 tablespoons lime or lemon juice

DIRECTIONS

1. Prep the produce: Roughly chop the fresh ginger and cucumber.
2. Add everything to the blender: Place the ginger, cucumber, apple juice, pineapple juice, mint leaves, and lime or lemon juice into a blender.
3. Blend: Blend on high speed for several minutes, until the ginger and mint are broken down well and the juice looks smooth.
4. Serve: Pour into glasses and serve right away.
5. Garnish with fruit if desired.

SWAPS & NOTES

Fresh ginger gives the juice its best flavor, so it is worth using if you can.

Roughly chopping it before blending helps it break down more easily.

Cucumber keeps the drink cool and light, and peeling it helps create a smoother texture.

Lime gives the juice a slightly more tropical feel, while lemon keeps it bright and classic.

TIPS FOR SUCCESS

Blend long enough to fully break down the mint and ginger so the drink tastes evenly mixed and refreshing.

Chill the juices before blending if you want to serve the drink cold right away without needing much ice.

Taste before serving and adjust the citrus if you want a brighter finish.

If you prefer a smoother texture, you can strain the juice after blending, though it is not required.

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Original recipe: <https://chefmaniac.com/detox-juice-recipe-with-apple-pineapple-cucumber-and-mint/>