

BUBBLY GREEN REFRESHER

(Makes about eight 10-oz. drinks)

1 bunch celery	Stevia in the Raw or Liquid Stevia
1 medium to large cucumber	1 liter soda water
1/2 medium lemon	

Base:

Step 1 – Wash celery after trimming off ends. (Cut off the white part, which tends to be bitter.)
Cut into pieces about 4" long. Feed the celery into the juicer.

Step 2 – Wash the cucumber, trim ends, and cut into several sections. Feed the pieces through the juicer, unpeeled.

Step 3 – Cut the lemon in half and use a manual citrus juicer to extract the juice. (If you chose to use the juicer machine, you would have to remove the peeling to avoid bitterness.)

Step 4 – Add the lemon juice to the celery and cucumber juices.

Step 5 – Place the juice mixture in a jar in the refrigerator until you are ready to serve the drinks.

Note: Don't make the base more than 24 hours in advance.

To serve a drink:

Step 1 – Stir the base mixture.

Step 2 – Using a glass that will easily hold 1-1/4 cups (10 oz.) of liquid with some foam on top, pour 1/4 cup of the base mixture in the glass.

Step 3 – Stir in 1/8 teaspoon (half of a .035-oz. packet) of Stevia in the Raw powder, or 4 drops Liquid Stevia.

Step 4 – Add 1 cup soda water. (Don't stir, since that will kill the carbonation.)

Note: Left-over base could be frozen.

DREAMY GREEN FIZZY

(Makes about eight 8-oz. drinks)

1 bunch celery
2-1/2 cups pure pineapple juice
1 liter soda water (or three 12-oz. cans)

Base:

Step 1 – Wash celery after trimming off ends. (Cut off the white part, which tends to be bitter.)
Cut into pieces about 4" long. Feed the celery into the juicer.

Step 2 – Add 2-1/2 cups pure pineapple juice.

(The most economical way to acquire it might be to buy a 12-oz. can frozen pure pineapple juice concentrate and add 3 cans water, as directed. The most convenient way is to buy a 46-oz. can of pure pineapple juice.

Although it would be nice to juice a fresh pineapple, the amount yielded and the quality of the flavor is difficult to predict.)

Step 3 – Store the juice mixture in a jar in the refrigerator until you are ready to serve the drinks.

Note: Don't make the base mixture more than 24 hours in advance.

Also, pineapple juice well past its time of production, even though not past its "best by" date, may have turned brownish and will muddy the color of the juice. So use pineapple juice that is fairly fresh.

To serve a drink:

Step 1 – Stir the base mixture.

Step 2 – Using a glass that will easily hold 1 cup (8 oz.) of liquid plus some foam, pour 1/2 cup of the juice mixture into a glass.

Step 3 – Add 1/2 cup of soda water. (Do not stir, since that will kill the carbonation.)

Note: If you use a 12-oz. can of frozen concentrate or a 46-oz. can of pineapple juice and a liter bottle of soda, you could make a double batch if you juiced an additional bunch of celery.

Left-over base could be frozen.