



## Lemon, Grape, and Flaxseed Juice

Priscila · 01/23/2024



### Prep Time

6 min.

### Difficult

Medium

### Servings

6

### Description

Indulge in the refreshing and nutritious Lemon, Grape, and Flaxseed Juice. This vibrant concoction combines the natural sweetness of 20 juicy grapes with the zesty kick of a freshly squeezed lemon. The addition of 4 tablespoons of flaxseed meal not only enhances the texture but also brings a wealth of health benefits. Whether you're looking for a delicious way to hydrate or a nutrient-packed beverage to kickstart your day, this Lemon, Grape, and Flaxseed Juice is a delightful choice.

### Ingredients

- 20 grapes
- 1 lemon
- 4 tablespoons flaxseed meal
- 1 liter of cold water

### Instructions

1. Squeeze the lemon into a blender.
2. Add the grapes and fill with water.
3. Blend for approximately one minute.
4. Strain the mixture.
5. Add 4 tablespoons of flaxseed meal to the strained juice.