

# Original Mexican Diet Juice



**Just follow this simple recipe and enjoy!!**

## Ingredients:

- 1/2 Cup Fresh Nopales (“Cactus Paddles” / “Cactus Leaf”) – not canned.
- 1/3 Celery Stick
- 1/2 Teaspoon Parsley (Peregil)
- 1 Cup Pineapple Juice (Unsweetened – it’s sweet enough as it is)
- 1/2 Cup Orange Juice



## Instructions:

Blend all ingredients until smooth. (See picture above). This recipe yields for 1 serving. (16 oz)

**Secret ingredient: Nopales (Cactus Leaf/Cactus Paddles)**

You can drink the Mexican Diet Juice once a day or more. (There is no limit on how much you can drink of it as far as I know but I would suggest not to drink more than 3 full glasses a days).

(I make this drink from time to time and I enjoy it plus it’s good for you.)

**Why Nopales are the secret ingredient?** I had found this site with good info:

[http://www.onedietstore.com/1ds\\_info-nopal.htm](http://www.onedietstore.com/1ds_info-nopal.htm)

But you can do your own search on any of the search engines and you’ll see all of the benefits.

**Where could you buy the Nopales?** I suggest going to a Mexican Grocery Store. (Some of them have them but some of them don’t so you have some homework here but there are some places that sell them online but I have not tried that yet)