

# Energizing Bloody Mary Juice Recipe



Who needs alcohol to enjoy an adult beverage?

This fresh green juice is packed with veggies and other alkaline ingredients, so instead of sucking up your energy like an alcoholic drink would, this one will actually energize you and make you feel great.

Did you know that alcohol, which people often use to numb anxious thoughts and feelings, can actually make symptoms of anxiety worse? *To find out other ways you may be making anxiety worse (and what to do about it), watch for my blog post on Thursday: **10 Science-Backed Ways to Ease Anxiety.***

Until then, give this tasty, fresh juice recipe a try and let me know what you think over on [Facebook](#).

## ENERGIZING BLOODY MARY JUICE

Ingredients [Serves 2]

- 2 roma or vine-ripe tomatoes
- stalks celery
- English cucumber
- red bell pepper, seeds removed
- fennel bulb
- handful parsley
- lemon, peeled
- tsp. black pepper
- Optional: ½ jalapeno, seeds removed
- tsp. chia seeds



- 2
- ½
- ½
- ¼
- 1
- ½
- ¼
- 1

## Directions

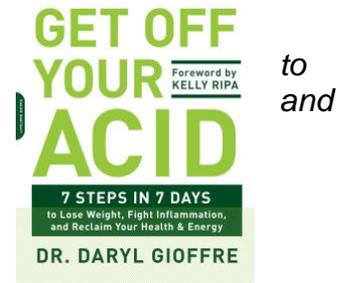
Juice all ingredients in juicer except chia seeds. Top with chia seeds, garnish with extra parsley or a celery stick if you'd like, and enjoy!

**GET OFF YOUR ACID!**  
*Dr. Daryl*

Want more recipes like this one?

My best-selling book, [\*Get Off Your Acid: 7 Steps in 7 Days Lose Weight, Fight Inflammation, and Reclaim Your Health Energy\*](#), is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.

Kelly Ripa, who wrote the Foreword, had this to say:



“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’ Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”

#getoffyouracid #alkalinerrecipes #alkamind #plantbased #greenjuices