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Description

This refreshing green juice combines crisp celery, cool cucumber, zesty lime, and fresh parsley for a bright, naturally refreshing drink. Its light texture and clean, citrusy flavor make it an easy choice for mornings, warm afternoons, or alongside a protein-rich meal.

While this recipe is naturally low carb and low calorie, it is not high in protein on its own. For a high-protein lifestyle, enjoy it alongside Greek yogurt, cottage cheese, eggs, or another protein-rich food.

Can This Celery Cucumber Green Juice Support Weight Loss Goals?

It can fit into a weight-conscious eating pattern because it is relatively low in calories and provides vegetables, fluid, and fiber when blended rather than fully strained. However, weight loss depends on the overall balance of food intake, activity, and individual needs—not

on a single juice or “cleanse.”

For better fullness and nutrition, pair this drink with a high-protein food, since the juice itself contains only a small amount of protein.

Does Celery Cucumber Green Juice Fit a High Protein Lifestyle?

This recipe is naturally low in net carbs, but it is not a high-protein recipe by itself. Celery, cucumber, lime, parsley, and water provide very little protein. For a high-protein lifestyle, serve it with eggs, Greek yogurt, cottage cheese, or another protein-rich breakfast or snack. The combination can provide the refreshing low-carb drink plus the protein needed to make the meal more substantial.

My Personal Experience

- I love how refreshing it tastes.
The celery and cucumber give it a crisp, cooling flavor, while lime adds a bright citrus finish.
- The texture feels light and fresh.
Blending rather than aggressively straining keeps some vegetable fiber in the drink.
- It works especially well in the morning.
The simple ingredient list makes it an easy addition to a high-protein breakfast.
- I prefer it freshly prepared.
The green color and fresh herbal flavor are most appealing shortly after blending.
- It pairs easily with protein-rich foods.
Greek yogurt, boiled eggs, or cottage cheese can turn this light drink into a more balanced snack or breakfast.

Perfect For:

- Low-carb recipes: A naturally low-carb vegetable drink for everyday meals.
- High-protein breakfasts: Pair with eggs, Greek yogurt, or cottage cheese.
- High-protein snacks: Serve alongside a protein-rich snack rather than relying on the juice for protein.
- Keto diet plans: Its relatively low net-carb content can fit many low-carb approaches, depending on individual carbohydrate targets.

- Summer refreshments: Cucumber, lime, and celery create a particularly cooling combination.
- Healthy breakfast routines: A quick vegetable-based drink to accompany a more substantial breakfast.

Why You'll Love This Recipe

- Bright and refreshing
Fresh lime cuts through the earthy celery flavor and gives the drink a clean citrus finish.
- Naturally low in carbs
Celery and cucumber keep the recipe relatively light in carbohydrates while adding vegetable nutrients and fiber.
- No added sugar
The sweetness comes naturally from the vegetables, with lime providing extra flavor without needing sweeteners.
- Simple ingredient list
You only need a handful of fresh ingredients, making this an easy recipe for busy mornings.
- Easy to pair with protein
Enjoy it with eggs, Greek yogurt, cottage cheese, or another protein-rich food for a more filling meal.

Common Mistakes to Avoid

1. Using wilted celery — Fresh, firm celery gives the juice a cleaner flavor and brighter aroma.
2. Adding too much lime — Excess lime can overpower the delicate cucumber and celery flavors.
3. Over-blending — Blend just until smooth; excessive blending can create unnecessary foam.
4. Straining out all the pulp — If you want more fiber, serve it as a blended drink instead of completely filtering the vegetable pulp.

Required Equipment

- High-speed blender — Produces a smooth drink from the celery, cucumber, and herbs.
- Chef's knife — Makes the vegetables easier to blend evenly.
- Cutting board — Provides a stable surface for preparing the ingredients.

- Fine-mesh strainer, optional — Useful if you prefer a thinner, juice-style texture.
- Serving glasses — Makes the fresh green drink easy to serve immediately.

Storage Instructions

Store leftover juice in an airtight glass jar or bottle, filled as close to the top as practical to reduce air exposure. Refrigerate immediately and use within 24–48 hours for the best flavor and freshness.

Freezing is possible, although the texture and fresh flavor may change after thawing. Freeze in freezer-safe containers with a little room for expansion and use within 1 month for best quality.

Because this drink is naturally low in protein, storage does not affect its protein status; simply pair a serving with a fresh high-protein food when serving.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 0 minutes
- Total Time: 10 minutes
- Servings: 2
- Best Season: All-season
- Total Calories: Approximately 32 calories per serving

Short Description

A crisp blend of celery, cucumber, lime, and parsley with a bright, refreshing flavor. Naturally low in calories and net carbs, with no added sugar. Pair it with a protein-rich food for a more balanced high-protein breakfast or snack.

□ Ingredients

- 4 medium celery stalks (about 200 g) — washed and roughly chopped
- 1½ cups cucumber (about 150 g) — chopped; peeling is optional
- 2 tablespoons fresh lime juice (about 30 g) — adjust to taste
- 2 tablespoons fresh parsley (about 15 g) — leaves and tender stems
- 1 cup cold water (240 ml) — add more for a thinner consistency

- ½-inch piece fresh ginger (optional) — adds gentle warmth and spice
- Ice, optional — for serving

High-protein tip: The drink itself is low in protein. For a high-protein breakfast or snack, serve it with Greek yogurt, cottage cheese, eggs, or another protein-rich food.

Directions

1. Prepare the vegetables.
Wash the celery, cucumber, parsley, and ginger thoroughly. Chop the celery and cucumber into small pieces so they blend evenly.
2. Add everything to the blender.
Place celery, cucumber, parsley, lime juice, ginger, and cold water into a high-speed blender.
3. Blend on high for 45–60 seconds.
Continue until the mixture looks bright green and mostly smooth, with the vegetables fully broken down.
4. Check the texture.
For a fiber-rich smoothie-style drink, serve as is. For a thinner juice texture, strain through a fine-mesh strainer.
5. Adjust the flavor.
Add a little more lime for brightness or water for a lighter consistency. Avoid adding sugar if keeping the recipe low carb.
6. Serve immediately.
Pour over ice and enjoy fresh. For a high-protein meal, serve alongside eggs, Greek yogurt, or another protein-rich option.

Nutrition Facts

Per serving, approximate — based on 2 servings and without optional ginger or ice

- Calories: 32 kcal
- Fat: 0.3 g
- Cholesterol: 0 mg
- Sodium: 89 mg
- Potassium: 429 mg
- Total Carbohydrates: 7.5 g

- Fiber: 2.6 g
- Net Carbs: 4.9 g
- Sugars: 3.2 g
- Protein: 1.6 g
- Calcium: 43 mg

Nutrition values are approximate and can vary with ingredient size, variety, and preparation method.

Notes

- Storage: Refrigerate in an airtight glass container and consume within 24–48 hours.
- Freezing: Freeze in a freezer-safe container for up to about 1 month; thaw in the refrigerator and shake or blend before serving.
- Reheating: No reheating is necessary; this drink is best served chilled.
- Allergies: The basic recipe is naturally free from dairy, eggs, gluten, nuts, and soy, but check packaged ingredients if substitutions are used.
- Flavor boost: Add fresh ginger, extra lime, mint, or a small amount of lemon for additional brightness.
- Protein boost: Instead of adding protein powder directly to the juice, pairing it with Greek yogurt, cottage cheese, eggs, or another protein-rich food generally keeps the drink's refreshing texture intact.
- Important: The “blood cleansing” or organ “detox” claims shown in the image are not established benefits of celery juice. This recipe is best presented as a refreshing vegetable drink rather than a cleanse.

Frequently Asked Questions

1. Is celery juice high in protein?

No, celery juice is naturally low in protein, so pair it with a protein-rich food if you're following a high-protein diet.

2. Is this celery cucumber juice low carb?

Yes, it contains approximately 4.9 g of net carbohydrates per serving based on the quantities above.

3. Can I make this without a juicer?

Yes, a high-speed blender works well, and you can strain the blended mixture if you prefer a

traditional juice texture.

4. Can I drink this for breakfast?

Yes, but for a more filling high-protein breakfast, pair it with eggs, Greek yogurt, cottage cheese, or another protein source.

5. Can I add ginger?

Yes, a small piece of fresh ginger adds a pleasant spicy warmth that complements the celery, cucumber, and lime.

6. Does celery juice “cleanse” the body?

There is no need to rely on a juice cleanse; your body already has systems that process and eliminate waste, so enjoy this recipe primarily for its flavor and vegetable content.