



**Difficulty**  
Easy



**Cuisine**  
Mediterranean



**2 Comensales**



**Time**  
10 minutes



**Variety**  
Black

## Multivitamin Juice With Black Garlic



1. Start off by peeling the Black Garlic head and washing the 4 cloves that you will need.
2. Slice the Oranges in half and squeeze them until you obtain 1 litre of Juice.
3. Do the same with the Grapefruits, that is, squeeze their Juice.
4. Wash the Strawberries, peel the Kiwis, and cut both into pieces.
5. Put the Juices, the pieces of Strawberry and Kiwi, and the Black Garlic in a blender or mixer. Blend for a few minutes for the mixture to be as smooth as possible.

### Ingredients

- 4 cloves of Black Garlic
- 1 litre of Orange Juice
- 4 Kiwis
- 2 Grapefruits
- 200 gr of Strawberries
- Fresh Peppermint

### Dish Presentation

6. Serve the Multivitamin Juice in a cocktail or wine glass and decorate it with some Peppermint leaves.

### Tips from the Chef *Miguel Ángel Mateas*

- We recommend serving the Juice very cold. You can store the fruit in the fridge before using it for the Juice or cool the Juice in the fridge once made.
- Black Garlic gives very special and pleasant flavours to the Juice, but also a darkish colour. If you wish to soften its flavour, simply reduce the amount of Garlic, although this will also decrease the vitamin content of the Juice.
- If you wish, you can strain the Orange and Grapefruit juices to remove their pulp.