

Chatham Bars Inn: Super Defender Juice

The Chatham Bars Inn dates back over 100 years, when it was a hunting lodge for wealthy Bostonians. Now, with shingled beachfront buildings and rows of Adirondack chairs on its lawn, the Chatham Bars Inn embodies the dreamy, seaside charm of Cape Cod. Just a short drive from the town of Chatham, this hotel is a classic New England–style retreat and perfect beach destination for families, with stunning views and a relaxation-focused atmosphere.

RECIPE:

- 3 ½ cup of blueberries
- 30 each grapes
- ¼ cup of fresh cranberries
- 2 Gala Apples
- 2 Tbsp. of Goji Berries

METHOD:

- Steep Goji berries in hot water for ten minutes
- Wash all produce
- Cut apples into 4, core/de seed
- Process all produce in a masticating or triturating juicer

- Chill and serve or serve over ice

BENEFITS: Blueberries have plenty of vitamins, including vitamin C, vitamin A, potassium and more. Grapes and apples contain tons of antioxidants that help combat illness and build a strong immune system. The cranberries mixed into this fresh juice drink provides a good source of boosting vitamins filled with high nutrients. And, finally be sure to add goji berries as this tasty superfood supports healthier skin, stabilizes blood sugar and improves your overall mood and sleep patterns.

