



Green Juice

Two 16-ounce servings

Ingredients:

1. 1 apple
2. 8 to 10 kale leaves
3. 4 celery stalks
4. 1 cucumber
5. 1 lemon, or to taste
6. 1-inch piece ginger (optional)

Directions:

1. Wash all of the ingredients.
2. Remove the stem from the apple. If the apples will fit through your juicer whole, then there is no need to cut them up. If not, then cut just small enough so that they fit.
3. Juice the entire lemon including the rind (if not organic, peel the lemon as it will have food grade wax on it).
4. Put the rest of the ingredients through a juicer.
5. Serve immediately if using a centrifugal juicer (like a Jack Lalanne) or consume within 3 days if using a slow-press (like Hurom or Norwalk).

