



Ingredients

- Spinach or Kale
- Romaine lettuce
- Cucumber
- Celery
- Lemon
- Apple
- Ginger root

Green Juice

Preparation

1. Blend all ingredients in order or according to appliance direction.
2. The ratio of ingredients depends on the capacity of the juicer or blender.
3. If blending, add 1-2C water or green tea to liquify and divide amounts of produce in half.
4. For a 60-70 ounce container (that can easily be poured into individual containers):
 - 4-5# spinach
 - 2 heads of lettuce
 - 3-4 peeled cucumbers
 - 2-3 full stocks of celery
 - 3 peeled lemons
 - 1-2 apples
 - 2" ginger root

Tips

Use organic produce when possible.

Store in sealed containers, like mason jars, in the refrigerator for up to 1 week.

Adding vanilla protein powder in individual serving can add density and nutrition.