



3 JUICE RECIPES FOR DETOXIFICATION

GREEN GOODNESS

4 - 5 large kale leaves
1 large handful of spinach
1 cucumber
3 celery stalks
2 green apples
1 lemon, peeled

RED DAWN

6 carrots
1 medium beet
2 celery stalks
10 stems parsley

CUCUMBER APPLE MINT REFRESHER

this is delicious without the apple as well

3 cucumbers
2 apples
1 large bunch fresh mint

HOW TO JUICE

Wash all produce and peel any root vegetables and citrus fruits. Chop produce into pieces that will fit your juicer.

Using an electric juicer, add ingredients one at a time, alternating varieties if any ingredient has trouble going through. Drink immediately and sip to enjoy.