

Green Lemonade

Ingredients:

- 2 stalks celery
- ½ English cucumber*
- 1-2 green apples, cored and seeded
- 2 cups baby spinach
- 1 inch piece ginger (optional)
- ½ lemon, peeled

Instructions:

1. Wash and prep all ingredients.
2. Juice everything, preferably in a slow juicer.
3. Serve immediately.

Tip: If your feeling fierce use kale instead of spinach.

Note. Try to get organic produce if possible.

** 1 small regular cucumber will also work.*

