



Wonderful Green Juice

1/2 bunch celery

3 handfuls spinach or other dark green leafy vegetable like kale, swiss chard or romaine

1 cucumber

1 lemon peeled if not organic

1 green apple

1 handful parsley

Put everything in through a juicer. Enjoy immediately or store in a glass jar in the refrigerator for later. This will stay for 2 days.

If you don't have a juicer you can blend everything and put it through a nut milk bag or cheese cloth to extract the juice. Add 1 cup of water and peel the lemon first.