



Green Juice

The operative word is GREEN so don't think you can load it up with a bunch of carrots and pears and still reap the benefits...

- 1 bunch celery
- 1 pear
- 1 beet (unless your husband hates them)
- 1 cucumber
- 1 bulb fennel
- 1 bunch watercress
- 1 handful dandelion greens
- 1 handful spinach
- 8 leaves of chard
- 8 leaves of kale
- 1 green apple
- 1 bunch of parsley
- 1 carrot
- 1/2 lemon, peel & pith removed
- 1-2 knobs ginger (to taste)

Use at least 3-4 different fruits and vegetables from the list above. Don't peel anything (except the lemon), just rinse it all off, whizz it through your juicer and drink it right down! Serve with a chopstick, straw or long spoon, as juice will separate and needs stirring.