

REVITALIING GREEN JUICE RECIPES



Green Juice #1

- 1 English Cucumber
- 3 Green Apples
- 3 Kiwi
- 1 Bunch Mint
- 1" Piece of Ginger

Green Juice #2

- 1 English Cucumber
- ½ Pineapple
- 5-6 Green Apples
- 2 Bunches of Cilantro
- 1 Lemon
- 1" Piece of Ginger

Green Juice #3

- 1 English Cucumber
- 3 Green Apples
- 3 Cups of Purple Kale
- 1 Bunch of Parsley
- 1" Piece of Ginger
- ½ Lemon

Green Juice #4

- 1 English Cucumber
- 1 Green Apple
- 2 Pears
- 2 Stalks of Celery
- 1 Bunch Mint
- ½ Lemon

Green Juice #5

- 1 English Cucumber
- 1 Cup Red Grapes
- 3 Cups Kale
- 1 Cup Firmly Packed Cilantro
- 1 Lime

Green Juice #6

- 1 English Cucumber
- 1 Whole Bunch of Celery
- 1 Red Apple
- 1 Yellow Apple
- 1 Whole Bunch of Kale, Chard and/or Romaine
- 1 Lemon
- 2-3" Piece of Ginger