



Easy Green Juice Recipe

The Ingredients

- ½ head celery, chopped
- 1 organic cucumber, chopped
- 1 handful organic parsley, chopped in half
- ½ bundle organic kale, chopped in thirds
- 1 3-inch piece ginger, chopped
- 1 small organic green apple, stem removed, sliced
- 1 medium lemon, peeled and sliced

Directions

- Rinse and dry your produce. In a juicer, run all ingredients through, starting with the celery, cucumber, herbs and greens before finishing with the ginger, apple and lemon.
- Enjoy immediately or transfer to a jar, seal well, and refrigerate up to 24 to 48 hours.

[REFERENCE: MINIMALIST BAKER](#)