

## **Green Glow Goddess Juice**

Category: Drink

Serves: 1 Serving

### *Ingredients:*

6 stalks of kale

2 handfuls of parsley

2 handfuls of spinach

1 lemon, peeled

1/2 apple, Golden Delicious or Granny Smith

2 cucumbers

4 stalks of celery

### *Method of Preparation:*

1. Rinse all vegetables and fruit well.
2. Press all ingredients through a juicer.
3. Strain if necessary.

\*\*\*For lower sugar, omit apple.

\*\*Eat with a healthy fat for increased vitamin absorption. Examples include: almonds, walnuts, coconut butter, coconut oil, and avocado.