

Energizing Green Drink



Ingredients:

- 2 sticks of celery
- 1 cucumber
- 2 large handfuls of spinach
- 1 large handful of lettuce

Optional:

- 1 Lemon/Lime - freshly squeezed
- 2 tbsps Green powder (alfalfa, cholera)
- 1 handful Kale
- 1 /2 handful parsley

Directions:

Thoroughly wash all of the ingredients and slice thinly enough to pass through the juicer, especially the celery.

Once all of the ingredients have been juiced, add the green powder and stir thoroughly. If you find the taste too 'veggie' you can squeeze in fresh lemon or lime. This makes it both more alkaline and tasty.

