Juice ....Please

**Green Juice**
3 leaves kale stem removed and roughly chopped
1 handful spinach leaves roughly chopped
1 cup chopped romaine lettuce
1 bunch parsley roughly chopped
1 cup chopped cucumber
2 sticks celery roughly chopped
1 whole apple halved and seeds removed
1 inch fresh ginger
1 whole lemon rind removed

**Orange Juice**
9 large carrots
1 orange, rind removed
1 apple, quartered
1/4 cup fresh pineapple chunks
1 lemon, rind removed
1-inch turmeric root

**Red Juice**
1 apple, quartered
2 red beets, quartered
3 large carrots
1 orange, rind removed
1-inch piece of ginger
1 handful fresh spinach

Here’s a few recipe ideas. Just throw into a blender and enjoy.

Juicing is the fastest way of getting nutrition into the body. The juice (full of phytonutrients, vitamins and minerals) is very easy for your body to absorb, which means it gets to your cells quickly to nourish and repair them.

Enjoy~