

JUICE RECIPES

Cucumber-Spinach

1 cup spinach
1/2 cucumber
1/3 cup chopped celery
1 lemon
1/3 cup water

Apple-Lemon

2 apples
1/2 lemon juiced
2 cups fresh baby spinach (or other leafy green)
1 whole carrot
1/2 cup of water

Apple-Avocado

1 apple
1/2 avocado
1 whole carrot
2 cups fresh baby spinach (or other leafy green)
1/2 cup water

Kiwi-Strawberry Smoothie

2 kiwis
1 cup whole strawberries
2 cups fresh baby spinach (or other leafy green)
1/2 cup water

Kiwi-Mint Smoothie

2 kiwis
1/2 avocado
2 cups fresh baby spinach (or other leafy green)
4 mint leaves
1/2 cup water

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