



SIMPLE GREEN JUICE

INGREDIENTS

- 1 bunch kale (about 5 oz)
- 1 inch piece fresh ginger, peeled
- 1 Granny smith apple (or any large apple)
- 5 celery stalks, ends trimmed
- ½ large English cucumber
- Handful fresh parsley (about 1 oz)

NOTES

Cook's Note: this recipe makes 2 large cups or 3 smaller cups of green juice, about 6 oz or so each.

Green juice variations: you can (and should) change up your green juice occasionally. Try replacing kale with spinach or other leafy greens of choice. Add citrus, in the form of peeled orange or tangerine. For herbs, try basil or cilantro. On occasion, I like adding a pinch of organic turmeric powder.

Prepare Ahead Tip: Green juice is best consumed fresh (immediately after it's been juiced.) However, to save time, you can wash and cut up your vegetables the night before. Save them in the fridge in a tight-lid container.

Blender Option Tip: If using a blender instead, be sure you cut the vegetables and apple to smaller size bites, unless using a power blender that can handle chunks. It's also a good idea to remove the tough veins in the kale.

How long will green juice last? Check your juicer manual. Some juicers say that you can store your green juice in a tight-lid jar in the fridge for up to 24 hours. Again, best to drink the juice immediately.

INSTRUCTIONS

1. Wash and prep the vegetables. I like to cut them in large chunks.
2. Juice in the order listed (or add them to a blender and blend on high.)
3. If you used a juicer, simply pour the green juice into glasses and enjoy immediately. If you used a blender, the juice will be thicker. You can pour it through a fine mesh sieve, and using the back of a spoon, press the pulp into the sieve to extract as much liquid as possible. Pour the strained juice into glasses and enjoy!