



Green Apple Drink

Yields 3 cups

INGREDIENTS

- 2 celery stalks
- 1 large apple (or 2 small)
- 2 handfuls of spinach (about 2 cups)
- 3 & 1/2 tbsp lemon juice
- 1 tbsp lime juice
- 1 banana
- 2 tbsp almond or cashews (optional)
- 1 cup 100% orange juice
- 1/4 cup 100% cranberry juice
- 1 cup water
- 1/4 inch nub fresh ginger
- 1/4 tsp ginger powder
- 3 sprigs parsley
- 2 to 4 tbsp raw honey
- 2 tsp flax seed (optional)

PROCEDURE

- Wash all the fruits & veggies
- Cut the apple & celery into large chunks
- Put all ingredients into a blender & puree
- Strain the juice through a fine mesh strainer
- Press all the juice from the pulp
- Pour it into a container & enjoy when ready

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