

Food Babe's Kickin' Kale Juice



Prep Time:	Cook Time:	Total Time:	Serves:
20 mins	0 mins	20 mins	2

<https://foodbabe.com/kickin-kale-juice>

Ingredients:

- 2 cups curly kale
- ½ bunch celery
- ½ bunch fresh cilantro
- 1 cucumber
- 1 whole lemon, peeled
- 2 tablespoons ginger root
- 1 green apple

Instructions:

1. Wash all vegetables thoroughly and place into a large bowl.
2. Juice each vegetable in this order – kale, cilantro/parsley, celery, ginger, cucumber, lemon.
3. Stir mixture before serving.
4. Clean juicer immediately.

Notes:

- Sip slowly and drink with intention immediately after juicing.
- Can be stored in an airtight container for up to 12 hours (Some live enzymes will be lost).
- Please buy all organic ingredients if possible