

Food Babe's Rainbow BITE Juice



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

<https://foodbabe.com/rainbow-bite-juice>

Ingredients:

- 1 bunch rainbow chard
- ¼ head cabbage
- ½ bunch celery
- 2 teaspoons garlic cloves
- 1 cucumber
- 1 whole lemon, peeled

Instructions:

1. Wash all vegetables thoroughly and place into a large bowl.
2. Juice each vegetable in this order – rainbow chard, cabbage, celery, garlic, 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