

Food Babe's Cabbage Patch Kid Juice



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	0 mins	15 mins	2

<https://foodbabe.com/cabbage-patch-kid-juice>

Ingredients:

- ½ bunch fresh collards
- ½ head cabbage
- ¼ bunch fresh parsley
- 1 pear
- 2 tablespoons ginger root
- 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 – collard leaves, cabbage, parsley, pear, ginger, cucumber, and lemon.
3. Stir mixture before serving.
4. Clean juicer immediately

Notes:

- Please use organic ingredients if possible