

Food Babe's Lemon Lime Green Juice



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	2

<https://foodbabe.com/juicing-mistakes>

Ingredients:

- 1 bunch spinach
- 2 cucumbers
- ½ bunch fresh parsley
- 1 whole lemon, peeled
- 1 lime, peeled
- 1 green apple

Instructions:

1. Wash all vegetables thoroughly and place into a large bowl.
2. Juice each vegetable in this order – greens, herbs, lemon, lime, cucumber.
3. Stir mixture before serving.
4. Rinse and clean juicer immediately.

Notes:

- Instead of spinach, try collards, chard, kale, dandelion, or one of your favorite greens.
- Please choose all organic ingredients if possible