

'Green Goodness' juice

This is one of my favourite juices, it was inspired by Karen Knowler's 'Green Goddess'. It is super nutritious with a fresh zesty kick!

Equipment:

Juicer

Ingredients:

300g Mix of green leafs (kale, spinach, chard etc.)
1 cup sprouts
1 cucumber
4 sticks of celery
2 apples
1/2 pineapple
1/3 lemon
1/3 lime



Top Tips: If you are not used to green juices you might want to start with adding and full pineapple and gradually reduced the amount needed. If you don't have sprouts, it is still delicious and nutritious.

Method:

1. Juice all the ingredients
2. Stir well
3. Pour and enjoy :)

Top Tip: Its best to start and end your juicing with your hard fruits or veg, so in this case start your juicing with one apple and finish with the other.