



## Juice -3

Serving: 1

Veg

### *Ingredients*

- Cucumber -1
- Kale-1
- Celery -1 stem
- Mint - 7 to 8
- Kiwi -1
- apple -1/2
- Spirulina or match powder - 1 tsp optional

### *Preparation Method*

- Above all the ingredients blend it, strain it, drink