

G O O P



DETOX Super Greens Juice

ingredients

- 1 cup tightly packed kale
- 4 stalks celery
- 1 1/2 pears, cut into large pieces
- 1" piece of fresh ginger
- 1/2 lemon, zest and pith removed

preparation

Juice everything into a glass, being sure to alternate the kale with the other ingredients to help it get through the juicer easily (I follow each small bit of kale with a celery stalk). Give the juice a stir before drinking.