

Cleanse 'n Glow Green Juice

7 ingredients · 20 minutes · 6 servings



Directions

1. Thoroughly wash all produce.
2. Feed the produce into your juicer at a steady pace, aiming to mix hydrating ingredients (e.g. apple, lemon, cucumber) with those that are not (e.g. kale, spinach).
3. Run a little bit of water through your juicer, once finished, to ensure all the good stuff is thoroughly obtained from the juicer.
4. Consume immediately for the benefit of the live enzymes. If not, portion and store in airtight, glass jars in your refrigerator. Consume within about 3 days' time. Enjoy!

Notes

Organic Produce Required

It is important to juice organic produce if juicing at home, as juicing concentrates nutrients when the fiber is removed. Juicing conventional produce will concentrate pesticide residues.

Produce Prep

I have listed the ways in which I prep each respective type of produce, based on how I need to feed it into my (Hurom) masticating juicer. Please alter, as you see fit, for your juicer.

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Ingredients

- 4 cups** Baby Spinach (packed)
- 1 bunch** Kale Leaves (about 10 leaves, de-stemmed and torn into pieces)
- 1 bunch** Celery (about 7 stalks, coarsely chopped)
- 1** Cucumber (coarsely chopped)
- 2** Apple (red - I used Ambrosias, quartered and de-seeded)
- 1** Lemon (peeled and quartered)
- 1 tbsp** Ginger (1/2-inch piece, peeled)