



RECIPES

Green Juice

INGREDIENTS:

- 2 small sweet apples
- ½ large cucumber
- ½-1 small lime
- 2 handfuls of kale (or other leafy green of choice)
- Parsley to taste

INSTRUCTIONS:

1. Add apple, cucumber, lime, kale and parsley to your juicer.
2. Pour into a glass and enjoy!

Makes 1 serving

Note: This juice tastes best nice and cold!

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Adapted from: <http://kriscarr.com/recipe/glowing-skin-detox-juice/>