

The Super Green Booster

A vegetable based green juice is a powerhouse of nutrients that promote a strong immune system

In just one serving you can have a packed punch of Iron, Manganese, potassium, and a whole load of vitamins – A, B, C & K

You can add a handful of parsley or spinach for some extra helpings of vitamins A, C & K



Ingredients

- 1 bunch curly kale roughly chopped
- 1 large lemon peeled and quartered
- 1 inch size ginger chopped
- 1 large cucumber cut into pieces
- 2 large green apples cut into pieces
- 4 celery stalks

Optional

- Add other superfoods like chia seeds or wheat germ if you wish to

To make the juice

- Wash all your ingredients well
- Blitz all together in your juicer or blender
- If you prefer a smooth juice, then strain the pulp with a strainer, but if you don't mind the small bits then it's better to leave the juice as is.
- Pour out into a glass of your choice and enjoy!

This makes about 2-3 servings

Best had immediately, however you can store in an airtight bottle or container in the fridge for up to 24 hours