

GREEN PROTECTION JUICE

START YOUR DAY OUT WITH A GREEN JUICE WHAMMY!

BOLSTER YOUR IMMUNE SYSTEM AND

FEEL YOUR SKIN GLOW ALL DAY LONG!

INGREDIENTS:

*WHEN POSSIBLE, USE ORGANIC OR LOCAL

GROWN PRODUCTS

- SPINACH
- KALE
- CUCUMBER
- PINEAPPLE
- LEMON/LIME
- GINGER



*I RECOMMEND USING A STRAINER WHENEVER JUICING VEGGIES LIKE KALE, SPINACH, WHEATGRASS, ETC. SO YOU CAN EASILY REMOVE THE FOAM THAT ACCUMULATES ON TOP.

DIRECTIONS

1. GRAB A HEAPING HANDFUL OF EACH VEGGIE AND TOSS IN YOUR JUICER.
2. ADD AS MUCH PINEAPPLE AS YOU WANT FOR IRRESISTIBLE SWEETNESS.
3. ADD A LITTLE LEMON/LIME & GINGER TO TASTE
4. STRAIN IT TO REMOVE FOAM!
5. ENJOY!!! (WITHIN 15 MINUTES FOR FULL NUTRITIONAL BANG FOR YOUR BUCK!)