

Green Juice: The Healthiest Drink on Earth

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2 tablespoons of ginger

3 stalks of celery

cup of parsley

1 granny smith apple

1 lemon, peel removed

2 cups of kale, your choice of variety

Prana Juice:

2 tablespoons ginger

2-3 carrots, peeled

2 small beets, scrubbed well and halved

2 oranges, peel removed and halved

1 lemon, peeled

Add ingredients to juicer and press start to begin juicing fun. Remember, juicing is not an exact science so feel free to play around with the proportions. Just make sure to wash and scrub your veggies well before juicing!