

Jolly Green Juice

Swick

Serves 1 to 2 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

For this recipe, you'll need a juicer. For the best taste, select fresh, organic fruits and vegetables when possible. This makes a great beverage in the morning, or whenever you want to enjoy something healthy with minimal prep. Drink up!

Step 1: Preparing the Juice

- 2 apples
- 8 to 10 kale leaves
- 4 celery stalks
- 1 cucumber
- 1 lemon, or to taste
- 1-inch piece ginger (optional)

This recipe makes enough for two 16-ounce servings.

To prepare the juice, wash all of the ingredients. Remove the stem from the apples. If the apples will fit through your juicer whole, then there is no need to cut them up. If not, then cut just small enough so that they fit.

For the lemon, you can either peel it or not, depending on how tart you want the juice to be. You can also start with just half a lemon at first and see how you like it.

Put all of the ingredients through a juicer. Serve immediately.