

Drink Your Veggies Juice

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

Swick

Chef's Notes

For the best results, use fresh organic fruits and vegetables whenever possible.

Step 1: Preparing the Juice

- 10 to 12 kale leaves
- 1 cucumber
- 4 large tomatoes
- 1/2 red pepper
- 1/2 orange pepper
- 1/2 green pepper
- 1/4 red onion (or to taste)
- 1 clove garlic
- 1/2 red jalapeño

This recipe makes enough for two 16-ounce servings.

To prepare the juice, wash all of the ingredients. Cut and deseed the peppers. Peel the onion and garlic. Depending on your taste, you may want to start with less red onion the first time you make this.

Also, depending on your spice level preference, you may want to remove the seeds from the jalapeño. If you cannot find red jalapeño, you can use a green jalapeño instead.

Put all of the ingredients through a juicer and serve immediately.