

## HEALTHY JUICE CLEANSE RECIPES

Healthy Juice Cleanse Recipes Prep Time 10 mins Healthy Juice Cleanse Recipes to give you energy, vitality, and health. Course: Breakfast, Snack Cuisine: American Keyword: juicing recipes Servings: 4 Ingredients Drink Your Greens: 2 cups Baby Spinach Leaves (or 4-6 leaves of kale) 6 Celery 2 large Cucumber 1/2 Lemon 2 medium Apples 1-2 inch Ginger 1/4 - 1/2 cup Parsley Leaves The Detoxifier: 2-3 med-lg Beets 6 Carrots 2 medium Apples 1/2 Lemon 1-2 inch Ginger The Vision: 8 large Carrots 2-3 Navel Oranges 1-2 inch Ginger 1 inch Turmeric (optional) Sweet Carrot: 10 large Carrots 2 medium Apples 1/4 cup Parsley (optional) Instructions Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

 10 hours

 4 portions

## INGREDIENTS

- 1 chopped cup of celery, raw (101 g)

## COOKING METHOD

1° Blender

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (25 g)	% DRI
ENERGY	14 kcal	4 kcal	0 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	80 mg	20 mg	1 %
CARBOHYDRATE	3 g	1 g	0 %
SUGARS	1 g	0 g	—
FIBER	2 g	0 g	2 %
PROTEIN	1 g	0 g	—