

Simple Green Juice Recipe:

1 leaf of kale
1 or 2 stalks of celery
2 carrots
1 cup spinach
¼ to ½ of a cucumber
¼ cup wheat grass
¼ Serrano pepper (if you like things a little spicy)
¼ or ½ of an apple – the more apple you add, the sweeter the juice

**Red and Rainbow Chard are also great additions.*

Run all ingredients through a juicer or blend in a high quality blender.

Experiment a little to get the taste how you like it. If you want it sweeter, simply add more apple or more carrot.

Simple Green Juice Smoothie Recipe:

1 leaf of kale
1 or 2 stalks of celery
2 carrots
1 cup of spinach
¼ cup wheat grass
¼ to ½ a cucumber
½ banana
½ cup of blueberries, blackberries, raspberries, or strawberries (of a mix of all of them)
½ cup of Organic Live Yogurt or Greek yogurt (I like the vanilla)
A splash of Organic Milk.
(You can also add flax seed oil, psyllium seeds (for fiber), and protein powder if you wish).

Run all ingredients through a juicer or blend in a high quality blender.

Play around with your ingredients until you hit on a combo you like best. When you do, please be sure to share your recipe with me!