



Green Juice



Ingredients

- 3 - 4 handfuls of baby spinach, washed
- 1 English cucumber, roughly sliced
- 2 celery stalks
- 1 apple, cored and cut into chunks
- 1 lemon, peeled and cut into rough pieces
- A piece of ginger, according to your personal preference, peeled

Instructions

- Add the pieces of vegetables and fruit to a cold-press juicer.
- Alternatively, add all the ingredients to a blender and blend on high speed until juiced. Pour the liquid through a milk bag or muslin cloth to separate the fibres from the juice. Discard the fibres.
- Serve over a few cubes of ice for a refreshing, gut-friendly drink.