



Easy Green Juice

6 servings
10 minutes

Ingredients

- 4 bunches Curly Kale
- 1 Fresh Ginger (scrubbed clean, 1 large piece)
- 1 Cucumber (skin on)
- 1 bunch Celery
- 3 Lemon (remove peel)
- 1 Pineapple (cut off top and bottom and remove rind)
- 10 ozs Aloe Vera Juice (found in vitamin section of store)
- 1 1/16 quarts Coconut Water

Directions

- 1 Clean all ingredients well and add to juicer in the order of the list, up to aloe juice. Set juice aside when finished.
- 2 Pour 2 oz of aloe juice in each jar.
- 3 Pour coconut water evenly in juice jars, just less than 1/2 way. *You may not use all the water depending on how big your jars are.
- 4 Pour finished juice evenly in jars until full.
- 5 Store in refrigerator for up to 5 days.

Notes

Juicer: If your juicer cannot take whole fruits and vegetables, chopped into small pieces.
*** READ JUICER INSTRUCTIONS BEFORE JUICING AND JUICE ACCORDINGLY! *I use a Breville juicer.**

Produce: Use organic!!

Juice Jars: Mason jars work great for this or you can buy 16oz glass juice jars. Avoid using plastic.