

## **Green Detox Juice**

*Approx. 2 (8 oz.) servings*

**5 stalks of kale or spinach**

**3 apples**

**1 lemon**

**1 cucumber**

Wash all the ingredients and run them through the juicer. (If you're using a slow-juicer, run a bit of water through the juicer last, in order to catch all of the last bits of flavor.) As with any juice, feel free to substitute any ingredients you don't like for those that you do.