

Green Winter Juice

3 stalks celery

1/2 English cucumber

1 lemon (can substitute with lime) – no peel

1 apple with peel

3-4 cups kale leaves

at least 1 inch knob of fresh ginger

This fresh juice has a long list of goodness:

- a boost of nutrition that your body will easily absorb and put to work
- contributes to alkalinity (rather than acidity) – to help you feel more emotionally stable, feed your probiotics (the good bacteria) and help resolve digestive upsets.
- celery is very hydrating for your cells, helping to flush toxins from the blood and out of the kidneys
- lemon (or lime) provides a whack of vitamin C and antioxidants
- cucumbers replenish the kidneys

(To add fibre to my juice, I sometimes add bits of the finely ground vegetable remnants into my glass. The rest goes into the composter.)

(Recipe credits to: Summer Bock at <http://www.summerbock.com>)

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