

ENERGY JUICE

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Ingredients:

- 6 lg carrots
- 1 lg stalk of Kale
- 2 c. Spinach, washed and cut
- 1 medium beet
- 1 stalk celery
- 1 " ginger root
- 1 lemon, with the skin partially removed
- 2 apples, quartered with the skin

Directions:

Process one at a time through the juicer, ending with apple to clean excess pulp out of the juicer.

If desired, strain the pulp out of the juice using a fine wire strainer

Drink immediately for best nutrient content.

To make the juice sweeter add one additional apple.

Storage and variations;

Always drink your juice as soon as possible. Juice nutrients break down rapidly so fresh juice does not store well.

You may add any of the following for variety: Bok Choy, parsley, Swiss chard, zucchini, cucumber, collard, cabbage, broccoli, dandelion greens, tomato, any type of lettuce... the skies the limits!

*Remember each vegetable has unique nutrient properties so mix it up and eat the rainbow of color for optimal health. ENERGY JUICE

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