

# GREEN POWER JUICE

recipe by Living Balanced Nutrition

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Yield: 1 serving

Prep Time: 5 minutes

Juicing Time: 5-10 minutes

Storage: best fresh; refrigerate up to 1-2 days

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## Ingredients

- 1 large English cucumber, roughly chopped
- 1/2 a bunch of kale (about 4 big leaves), roughly chopped
- 2 large carrots, roughly chopped
- 1 large apple of your choice, cored and sliced
- 1 celery stalk, roughly chopped
- 1 small lemon, peeled
- 1/2-inch piece of ginger, peeled and cut in half
- 1 - 1.5 cups water – add just enough to get things blended without diluting the juice too much

NOTE: For those not using a high-speed blender, chop your ingredients into smaller, bite-sized pieces to help with the blending process.

## Directions

1. Add all ingredients into a high-speed blender and blend for 60 - 75 seconds, or until all ingredients look fairly broken down.
2. Pour mixture into a nut milk bag, an extra-large tea towel, or a fine-sieve strainer. Make sure to have a large bowl underneath to catch all of the juice. Work your way through straining the juice from the pulp. Enjoy as is, or serve over ice.
3. Store leftover juice in an airtight container.