



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Green Goddess Juice

2 Cup Baby Spinach Leaves	1-2 Medium Lemon
2 Cup Kale Leaves	1 box Broccoli Microgreens
4 Green Apples, Cored	1 box Broccoli Sprouts
1 Bunch Parsley	1 Bunch Dandelion Greens
2 Medium Cucumber	1 Bunch Nettle if available
½-1" Inch Fresh Ginger	~1/2 Head Celery

Purchase **ONLY organic** ingredients. Chop so they fit into the juicer feeder tube. Zest the lemon by removing the peel off the lemon, leave the white flesh. Cut lemon into quarters. Juice all ingredients adding the lemon last. Use extra green apple for added sweetness. I strain a second time for less pulp.

Ginger is incredibly anti-inflammatory and has many health benefits but like green juice, can be an acquired taste. If you are new to ginger start with a small portion and gradually increase to taste. Set yourself up for success by letting your tastebuds adjust to the taste of more ginger gradually.

Serves 6, 12 ounces each

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