

HOW TO MAKE GREEN JUICE IN A BLENDER

Green Glow

<http://www.greenjuiceaday.com/30-green-juice-recipes/>

- 1 Handful of Spinach
- 6 Kale Leaves
- 10-15 Sprigs of Parsley
- 2-3 Apples (Fuji)
- 1 Lime
- 1 Cucumber
- 2 Ribs of Celery
- ½-1in Piece of Ginger
- 1 ½ - 2 cups water



Dr. Oz's Green Drink

<http://juicerecipes.com/recipes/dr-ozs-green-drink-47>

- Apples - 2 medium (3" dia)
- Celery - 3 stalk, large (11"-12" long)
- Cucumber - 1 cucumber (8-1¼")
- Ginger Root - 1/2 thumb (1" dia)
- Lemon (with rind) - 1/2 fruit (2-3/8" dia)
- Lime (with rind) - 1 fruit (2" dia)
- Parsley - 1 bunch
- Spinach - 2 cup
- 1 ½ - 2 cups water

Green Juice

<http://www.mydarlinglemothyme.com/2013/01/the-famed-green-juice-recipe-from-my-3.html>

Juices really should be made to your own tastes, so take this recipe and run with it. If you don't like kale, use spinach. Don't have fennel? No worries use more celery. Not a fan of coriander in your juice? Just use the teeniest amount, or leave out altogether. Taste and adjust as you see fit.

3 stalks of celery
1/3 telegraph cucumber or 1 small Lebanese one
2 kale leaves (Spinach)
2 Swiss chard leaves
1/2 small fennel bulb
1 apple
1 pear
1 small lemon, peeled
a good handful of parsley
a small handful of coriander (cilantro) leaves + stalks, optional
1 teeny piece of ginger (or as much as you like), optional
1 ½ - 2 cups water



Spring Green Juice

<http://inthelittleredhouse.blogspot.com/2013/03/the-weekly-juice.html>

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- 3 large pieces of kale
 - 3 large handfuls of spinach
 - 1 cucumber (or 1/2 a large english cucumber)
 - 1 green apple
 - 1/2 lemon (peeled)
 - 1/2 lime (peeled)
 - 1/2" piece of ginger
 - 1 ½ - 2 cups water