

GREEN POWER JUICE

This juice will give you a sustained energy and mood boost and is a great replacement for that afternoon sugar hit or coffee. Because it contains ginger, lemon and lime it will turbo charge your liver and aid in detoxification. The natural enzymes in this raw juice hydrate cells, aids digestion and helps to reduce inflammation. Please ensure all of your produce is organic.

Juice

Ingredients:

- 1 cucumber
- 2 celery stalks
- 1 lime
- 1 lemon
- 1 inch of ginger

Additional Options:

3-5 drops of CBD oil and/or mint to taste.

Method:

Blend Combine all ingredients in a juicer. Add CBD oil and blend or add to a shaker and shake to combine.