



Green juice

This recipe makes about 2 L of juice and will keep for five days to a week in the fridge. I love this juice to fill in the gaps when I'm on the run (i.e. when I don't have the time to prep veggies or greens.) I'm calling this juice but I strongly recommend using a blender to make it to avoid losing precious fibre.

Makes about 12 (6 ounce) portions

Ingredients:

- 2.5 cups of frozen or fresh pineapple
- 2 green apples, cored and chopped with skin on
- 2 cups off organic spinach
- 2 branches of celery, chopped
- 1 bunch of parsley or coriander including the stems, chopped
- 1/2 an english cucumber with skin on, chopped
- 3 cups of water or juice
- juice of one lemon
- 2 tbsp of raw (unpasteurized) honey

Directions:

Wash and chop ingredients.

Blend (in batches if you have to)

Mix well and store in the fridge.

The juice may separate in the fridge, shake well before serving.