

Renovation 1. Green juice 2. P.A.M. juice 3. Green juice 4. Spicy lemonade 5. A.B.C. juice 6. Cashew milk	Foundation 1. Green juice 2. P.A.M. juice 3. Green juice 4. Spicy lemonade 5. Green juice 6. Cashew milk	Excavation 1. Green juice 2. Green juice 3. Green juice 4. Spicy lemonade 5. Green juice 6. Cashew milk
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Green juice

Yield: 2 14 oz portions

5 Ribs of Celery
1 Cucumber, Halved
2 Large Green Apples
3 Kale leaves
1 Ounce of Lemon juice
1 Handful of Parsley
3 Romaine leaves
1 Handful of Spinach

Spicy lemonade

Yield: 1 14 oz portion

13 oz Filtered Water
2 Tbsp Lemon
3 generous pinches of Cayenne pepper
squirt of Agave Nectar

Cashew milk

Yield:

½ cup raw cashews, soaked overnight in water
2 cups filtered water
1/3 teaspoon vanilla extract
2 teaspoons agave nectar (or honey if you don't have agave)
¼ teaspoon cinnamon

A.B.C. juice

Yield: 1 14 oz portion

1 Apple
2 Beets, with the greens left on
3 Large Carrots
1 and 1/2 Tablespoon of Ginger
1/2 ounce of Lemon Juice (to taste)

P.A.M. juice

Yield: 1 14 oz portion

1/3 Pineapple

2 large green apples

4 tbsp Mint (finely chopped)