



GLOWING GREEN JUICE

SERVES 2, MAKES 600 ml

INGREDIENTS

- 2 cups chopped cucumber
- 1 cup chopped bottle gourd
- 1 cup roughly chopped spinach, tightly packed
- ¼ cup mint leaves, tightly packed
- 2 cups chopped apple
- 1 teaspoon lemon juice

METHOD

1. Simply juice all the ingredients together
2. Add the lemon juice from the top and serve.

Tip When juicing leafy greens like spinach and mint, alternate them with watery ingredients such as cucumber and apples. This helps your juicer to keep things moving.