



Green Blender Juice with/without Pulp

INGREDIENTS

2 cups of water	1 cucumber; diced	2 cups of leafy greens
4 celery stalks; diced	½ green apple; diced	4 TBS lemon juice
½ cup fresh parsley; chopped	4 TBS apple cider vinegar	

DIRECTIONS

Add all the ingredients to the blender. Blend on the highest setting until ingredients are combined. The consistency will be like a smoothie. Using the pulp adds extra fiber to your green juice. If you prefer a thinner consistency, pour the mixture through a fine mesh strainer, and using a spatula, press the pulp into it to extract as much liquid as possible. Pour the strained juice into glasses and serve.