

Monday Morning Boost

You will need:

A selection of Green Fruits & Vegetables.

Celery.

Green Apple.

Green Grapes.

Cucumber

A small segment of Lime.

A slice of Pineapple for sweetness.

If you have it you can also add a small chunk of Fresh Ginger for some zing.

According to your Juicer recommendations, prepare the fruit & veg for juicing.

Eg. I segmented the apple and cut the celery sticks in half. I didn't need to peel anything but your juicer may recommend this stage for different fruits/veg.

Add to a glass, drink and enjoy.

Have a healthy and happy week.