

## **Digestion Aid**

Serves: 1

Ingredients:

½ apple5 carrots1 wedge cabbage

## Directions:

- 1. Wash all vegetables well.
- 2. Remove apple stem, cut to fit in juicer and remove seeds.
- 3. Juice apple and carrots.
- 4. Juice cabbage.
- 5. Whisk and enjoy.