



Breathe Right Juice

Serves: 1

Ingredients:

- 1 bunch parsley
- ½ clove garlic
- ½ cucumber
- 2 carrots
- 2 stalks celery

Directions:

1. Wash carrots, cucumber, parsley and celery.
2. Roll parsley into ball and juice first.
3. Juice garlic.
4. Juice cucumbers, carrots and celery.
5. Whisk and enjoy.