



Detoxifying Juice

Serves 1

Ingredients:

Fresh mint or basil to taste
2 apples
1 carrot
2-3 celery sticks

Directions:

1. Wash everything thoroughly.
2. Remove apple stems, cut to fit in juicer and remove seeds.
3. Juice mint or basil.
4. Juice all remaining ingredients.
5. Whisk together and enjoy.

Tip: Juicing the basil first will allow other vegetables and fruits to push the basil through.