

TIM'S GREEN DRINK

INGREDIENTS

1 LARGE KNOB GINGER
2 HANDFULS KALE-RINSED
1 STALK CELERY
½ LEMON
5 STRAWBERRIES
1 PEAR

INSTRUCTIONS

PUT ALL INGREDIENTS IN BLENDER OR VITAMIX

FILL BLENDER OR VITAMIX TO THE TOP WITH ICE, ABOUT 1 CUP

FILL WITH WATER

BLEND OR PULSE THE LIQUIFY SETTING ON YOUR VITAMIX TWO TIMES