

M♥RNING GREEN JUICE



- 1 Handful Sunflower Sprouts
- 1 Handful Sprouts
- 1 Handful Pea Sprouts
- Wheatgrass-enough for 2oz juice
- 2 Handfuls Kale
- 2 Handfuls Spinach
- 1 Cucumber
- 1/2 Lemon
- 1/2 Lime
- Ginger

*Put thru masticating juicer & enjoy!



COOL TIP: Make the ok sign & fill the circle with wheatgrass to yield a 2 oz. serving of juice. Whaala!

JUICING TIPS

1. A masticating juicer keeps more nutrients intact (no heat) & can handle sprouts & grasses.
2. Let tastebuds adjust & shotgun it! Add extra lemon/lime to mask the grassy flavor, without adding unwanted sugar. This is not a fine glass of wine meant to be sipped—so chug it before all those amazing nutrients dissipate.
3. Cancer loves sugar, so we limit fruit. If this isn't a concern for you—by all means add some fruity goodness!
4. Use organic or local grown when possible.
5. Lemon juice, vinegar, and baking soda work great for washing fruits/veggies.
6. Use nutrient dense veggies; sprouts, grasses, & green leafy greens! (gotsprouts.com)
7. Use a strainer to rid foam.
8. Re-juice pulp to conserve those precious organic veggies.
9. Store in air-tight, toxic-free containers & consume within 24 hours; wheatgrass with 15 minutes.
10. Enjoy! The more you drink it—the more you'll learn to love the earthy flavor!