**1 Gallon info**

* 5 Cucumbers
* 10 Celery stalks
* 2 Cups of Spinach
* 10 Green apples
* 5 oz of Ginger root
* 3 Lemons
* 10 Drops of Orange Vitality oil

**Single serving info**

Ingredients

* 1 cucumber
* 4 celery stalks
* 2 green apples
* 8 kale leaves with stalks
* 1 lemon
* 1 in piece of ginger

Directions

1. Wash all produce well.
2. Peel the lemon and core apple.
3. Add all ingredients through juicer and enjoy!

Servings: Makes 1 serving, 16 oz (500 ml)

Serving Size: 16 oz (500 ml)

Calories: 125

Fat: 0.5 g

Sodium: 64 mg

Carbohydrates: 27 g

Fiber: 1 g

Sugars: 15 g

Protein: 3 g