



green juice

Yields one 8 oz juice

ingredients

Romaine - 1/4 to 1/2 of a head, depending on the size
2 or 3 leaves escarole
Beet tops (young inner leaves) - 2 to 3 leaves
Red cabbage - 2 or 3 leaves
Green bell pepper - 1/4 of a small to medium pepper
Swiss chard - 1 leaf
Green apple - 1 whole apple with skin, cored
Watercress - 5 or 6 leaves

NOTE: Iceberg is useless as a dark leafy green- do not use; you can also substitute red and green leaf lettuces and endives.



method

Greens should be washed taking care to rinse off sand or soil that is often present at the base of the leaves.

Shake off water or put in salad spinner to remove excess moisture.

Cut off bottom portion of stems of chard or any other fibrous leaves -this avoids raising temperature of pulp and killing enzymes.

NOTE: The green juice should be consumed immediately. It is not recommend to store the green juice for any length of time before consumption as it deteriorates rapidly.