



## **Green Juice**

Prep Time 10 mins

Total Time 10 mins



Course: Juice Cuisine: World Keyword: Juice Servings: 1 Servings

## <u>Ingredients</u>

- ½ Bunch leafy greens
- 1 cup Broccoli
- 1 Green Pepper
- Quarter Size Organic Ginger
- Quarter Size Organic Turmeric
- 1 Fl. Oz. pH Balancer
- 1ml Humic & Fulvic Acids

## 1. Juice leafy greens to ½ cup level.

- 2. Juice broccoli to  $\frac{2}{3}$  cup level.
- 3. Juice green pepper up to 1 cup level.

**Instructions** 

- 4. Juice ginger and turmeric into jug.
- 5. Add 1 fl.oz. pH Balancer to juice.
- 6. Add 1ml Humic & Fulvic Acids to juice.
- 7. Stir well and consume immediate.

## Note:

- 1. You can make this juice in the morning and store it in an air-tight container until it is time to consume it.
- 2. Keep it cool, preferably refrigerated.
- 3. Consume on the same day that it was made.