

Find Your New Favorite

Apple & Kale Juice

INGREDIENTS

1 Honeycrisp Apple (core removed)

3 Kale Leaves

1 Celery Stalk

1/2 Cucumber

Water as needed to preferred consistency

BENEFITS OF APPLE AND KALE JUICE

- Kale is part of the cruciferous vegetable family, along with broccoli, cauliflower, and Brussels sprouts. These vegetables are rich in nutrients and provide immune support as well as support healthy blood pressure levels.
- Cucumbers are not only refreshing but also a great source of vitamin K, vitamin C, and potassium.

