

Find Your New Favorite

Green Juice

INGREDIENTS

1 handful Spinach

1/2 Granny Smith Apple (core removed)

1/2 in. Ginger (peeled)

1/4 Seedless Lemon (peeled)

Water as needed to preferred consistency

BENEFITS OF GREEN JUICE

- Spinach packs a nutrient punch with over 400% of the daily value of vitamin K for 3/8 cup (100 grams). Vitamin K supports bone health and plays an important role in blood clotting.
- Spinach also contains vitamin A, which can support eye health, and folate, which the body needs to make DNA and red blood cells.
- Granny Smith apples provide a refreshingly tart taste for this juice recipe. They provide vitamin C, which can help support a healthy immune system.

