



HealthMap
Gut Health Professionals

GUT BUG GREEN JUICE

INGREDIENTS

- 2 x tsp of Kfibre
- 1 x small carrot (not peeled just washed with the ends cut off)
- 1 x handful of spinach leaves
- 1 x stick of celery or 2 small sticks
- juice of one small lemon (only if you are using an apple)
- 1 x thumb size piece of ginger (peeled)

(this can give the juice a real hit so maybe experiment to your taste)

- 2-3 x dates
- 2 x small medium leaves of kale (red or green- I prefer green) cut off any extended stalk

Use filtered water and ice if you want to have it cold.

DIRECTIONS

Cut up all the fruit and vegies. Don't peel anything just wash them.

If you are having apple and squeeze the juice from the lemon onto the apple.

Use a Ninja juice maker (or similar) as it keeps all the pulp. If you end up with too much pulp just add some water.

Blend the fruit, vegies and water for one minute, twice, to reduce the thickness of the drink.

You can alter the ingredients with what's in season as long as it's green! The main ingredients are always green spinach leaves and kale.

This juice will last for approximately 3 days and always shake before pouring/drinking.

Enjoy!

PREP TIME: 15 MIN

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