



Green It Up Juice

Ingredients

1 head medium organic romaine lettuce

1 cup organic spinach

3-4 organic celery stalks

1 organic apple, cored

1 organic pear, cored

2 Tbsps fresh squeezed organic lemon juice

Bonus: Handful organic cilantro + Handful organic parsley

(For blended smoothie, add water to desired consistency & if desired, ½ banana to thicken & sweeten)

1. With juicer: Juice ingredients and enjoy!

1. With blender: Combine ingredients in blender, add water to desired consistency.
2. Blend and enjoy!

Combination of ingredients provide folic acid, vitamin A, vitamin K, iron, vitamin C, chlorophyll & potassium to support energy production in the body as well as antioxidants to neutralize free radical damage at a cellular level.

Celery stalks contain n-butyl-phthalide, a naturally occurring compound that can help to support lowering blood pressure.



ZENTAI
wellness centre

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Please talk to your doctor before making any changes to your health program

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