
Green Destiny Juice

Description

Chef Maka's Green Destiny Juice is a refreshing Kale drink made with a mix of fruits, vegetables, and spices packed with nutrition.

Total time: 10 min Yield: 2 Servings

Ingredients

1 large carrot
1 orange
1 lemon
1/2 inch ginger
1 pieces garlic
5 large kale
1 green apple
2 stalks celery
1 large cucumber

Prep Time: 10 min Total Time: 10 min

Instructions

Begin by washing all fruits and vegetables thoroughly. Peel the carrot, orange, lemon, and ginger then set aside. Prepare a juicer or blender. Pass the carrot, orange, lemon, ginger, garlic, kale, green apple, celery, and cucumber through the juicer or blender. If blending, make sure to pulse until smooth. Pour juice into two cups and serve for a powerful nutritional boost!

NOTE: If using a blender you may need to cut ingredients to fit.

Recipe brought to you by:

Chef Maka Kwon

Source:

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