

## Green Apple and Celery Detox Juice

- 4 organic green apples
- 2-3 stalks organic celery
- ¼ lemon, peeled
- ½ inch organic ginger with skin (optional)

### Instructions:

1. Wash core and cut the apples into small pieces.
2. Wash the celery and cut it into smaller pieces or sticks.
3. Peel lemon.
4. In a slow juicer, juice the ingredients alternating between the apple and other ingredients.
5. Serve immediately.

**Tips:** Have this juice first thing in the morning on an empty stomach for best results. You could also add some cucumber and mint leaves for an extra punch.