

*MIXED VEGETABLE JUICE*

- 4 carrots
- 3 celery stalks
- 2 kale leaves
- 2 tomatoes
- 1 cucumber, unpeeled if organic
- 1 small beet
- 1/2 cup loose parsley, stems included
- 1 clove garlic

Process all the ingredients through the juicer. Feel free to improvise your own ingredients.