



ALKALIZER JUICE

Jay
Halford

GLUTEN FREE > DAIRY FREE > VEGAN >

INGREDIENTS:

Recipe makes approximately 500ml

- 1 whole cucumber
- 2 whole apples
- 1 large handful of fresh spinach
- 1/4 of a lime

METHOD:

Firstly, juice your:

Cucumber
Apples
Spinach
Lime

Then, put your juice over ice and serve.

Little Tip:

When juicing greens, if you sandwich them between the two apples when you juice, you will get a lot more out of it than if you try to blend greens alone.