

Herbal Legacy Recipes

APPLE - CELERY - GINGER JUICE

INGREDIENTS:

- 4 organic fuji apples, washed and sliced
- 2 stalks organic celery, washed
- 1/8-1/4 oz piece of organic, fresh ginger root
- (optional: 1 clove of garlic for an antibacterial boost)



DIRECTIONS:

Juice all ingredients together and serve iced. Wow!

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