

Blood Pressure Juice

6 Carrots
1 small beet
1-2 stalks celery
1 apple
1 - 1" section of ginger
1 large handful of spinach or other dark leafy greens.

The addition of parsley and dandelion add extra benefits, but go easy as they can taste super strong!

Send all of the above through your juicer and then add the juice of 1/2 of a lemon.

Recipe by Tonya Judd

