

Herbal Legacy Recipes

Cleansing Cocktail

From The Complete Book of Juicing by Michael T. Murray

This is a good drink during a juice fast, because it is nutrient-dense and supports detoxification. If wheatgrass is not available, parsley will suffice. Wheatgrass is extremely rich in chlorophyll and antioxidants; look for it at health food store if you are not familiar with it. It is very good for you.



INGREDIENTS:

- ½ cup wheatgrass or parsley
- 4 carrots
- 1 apple cut into wedges
- 2 celery ribs
- ½ beet with top

DIRECTIONS:

Bunch up the wheatgrass or parsley and push through the juicer with the aid of a carrot. Alternate remaining ingredients to ensure proper mixing.

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