

Energy Juice

4 celery ribs
1 cup spinach
1 lemon, unpeeled or the
juice of 1 lemon
1 lime, unpeeled
1 large apple or frozen
pineapple chunks
1 large handful of
parsley
1/2 inch piece of ginger

Run all ingredients
through a juicer and
enjoy!

I found this recipe to be
very healing while
healing from carbon monoxide poisoning. It energized me and tastes wonderful! Enjoy!

Recipe by Audrey Lee - Hallelujah Diet

