

Herbal Legacy Recipes

GREEN GIANT JUICE

INGREDIENTS:

- 3 to 4 cups washed green grapes, with or without seeds
- 1 cup fresh cucumber, with or without peel
- 1/2 cup frozen or fresh sweet peas
- 1 stalk celery, cut into approximately 3 - inch pieces
- 1/2 to 1 cup of broccoli
- 1/4 to 1/2 medium sized avocado, peeled



DIRECTIONS:

Place ingredients in blender jar in order listed above. Secure lid and blend well.

Variations:

Add 1 oz. Wheat grass or sprouts of choice and/or
Add Agave nectar, to taste

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