

Herbal Legacy Recipes

Immune Power Vegetable

from *The Complete Book of Juicing* by Michael T. Murray N.D.

This is a great immune fortifier, especially useful during an active infection. The Jerusalem artichokes provide additional immune-enhancing benefits.

- 2 cloves garlic
- 1/4-inch slice of ginger
- Handful of parsley
- 4 carrots
- 1 apple, cut into wedges
- 1 cup Jerusalem artichokes (optional)

Place the garlic and ginger in the center of the parsley; push it through with a carrot. Alternate the remaining ingredients.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy