

TROPI-KALE COCONUT JUICE

INGREDIENTS:

- 4 kale leaves
- 2 apples
- ½ lime, peeled
- ½ cup (125 ml) chilled coconut water ***School of Natural Healing note: an excellent brand of coconut water is the Harmless Harvest brand.

DIRECTIONS:

1. Wash all produce well.
2. Peel lime.
3. Add kale, apples and lime through juicer.
4. Add to a glass with cold coconut water and enjoy!



recipe from Jamie Webber who is the editorial content manager at www.rebootwithjoe.com