

Ginger Ale juice

4 apples (a selection of different kinds is best)

4 stalks of celery

2 inches ginger root

Wash and cut into small pieces and send through a juicer. I use a Champion brand juicer. This has the taste of gingerale, without the carbonation. So delicious and fresh! Highly recommended! Great to increase circulation, oxygen, and electrolytes throughout the body. Makes about 2 cups of juice.

Recipe by Kelly Pomeroy