

The Green “C”

1 large handful of spinach
1T. Jurassic Green powder or wheat grass powder
2 C. of ice
2 ½ C. of orange juice
½ cucumber
2 stalks of celery
¼ red bell pepper
Small handful of cilantro
1-inch piece of ginger

Add all the ingredients in a blender and mix until smooth. This drink is high in vitamin C, A, E, and K, natural sodium, potassium, and yumminess. Serves 4 people.

Recipe by Kelly Pomeroy