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**BERRY BANANA CRUNCH**

This juice was adapted from *5lbs in 5 DAYS* by Jason Vale. I have adapted it by making 2 juice bases at once and using frozen berries, a frozen banana, seeds and spinach in a blender to finish it. (makes 2 juices)

**Ingredients (base)**

* 4 Granny Smith apples, organic

Juice all above ingredients and transfer and divide the juice into 2 (2 cup) glass jars and seal and store in the fridge or freeze (if not using it that day).

When you are ready to serve transfer the juice to a blender or NutriBullet and add (per serving):

* 1 cup frozen berries
* 1 frozen banana
* 1 Tbs. mixed seeds pumpkin and sunflower, raw unsalted
* 1 handful of spinach
* Optional: add filtered water if it is too thick

Blend and serve immediately.