

**GREEN REFRESHER**

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 spinach and ice cubes in a blender to finish it. (makes 2 juices)

**Ingredients (base)**

* 2 organic granny smith apples
* 2 pears
* ½ medium cucumber
* 2 inches broccoli stems\*
* 2 limes, peeled

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)

* 2 handfuls of spinach
* 3 ice cubes (made from filtered water) optional

Blend and serve immediately.

\*To save on waste, buy two heads of broccoli. Prep- wash and cut off the florets and freeze for stir-fry or Green Goodness Soup. The stems alone will stay fresh for 1-2 weeks in the crisper.