

# Juicing List

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## GREEN LEAF JUICE

Use as many of the vegetables listed below as are available:

Lettuce	Endives
Red Cabbage Leaves	Romaine
Beet Tops	Bell Pepper (1/4 of a small one)
Swiss Chard	Watercress
Escarole	

Add one medium apple for each glass of juice. Drink immediately.

## Apple / Carrot juice:

Use apples and carrots in equal portions.  
Wash apples; do not peel. Cut and remove core and seeds.  
Wash carrots, do not scrape.

Use organic produce.