

Detox Green Juice

Dandelion, parsley, cilantro and burdock root – powerful detoxifying foods! I can hear the groans now as you think of these bitter greens and roots and how you couldn't possibly get them to taste good. By adding the sweetness of apple, the tartness of lemon, and the fresh taste of cucumber, you balance the bitter tastes and produce a juice full of flavor and healing qualities.

In addition to being full of vitamins and minerals, experts tell us that this combination greatly enhances the body's ability to release toxins, purify the blood, remove heavy metals, detoxify, and cleanse the liver, and stimulate the digestive organs. With its powerful natural cleansing agents, this juice is a great way to begin your day, add to your cleansing regimen, or enjoy anytime.

Dandelion greens – very high in calcium, iron and Vitamins A and C, help detoxify, and cleanse the liver.

Parsley and Cilantro – natural chelators that help remove heavy metals from the body.

Burdock Root purifies the blood, flushes toxins, and stimulates the digestive organs. You need not peel the burdock root. (see page 30)

Yields 16 oz of juice, about 1 cup pulp

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Ingredients:

1 large cucumber

1 medium apple rough chopped

1½ medium lemons peeled and rough chopped

½ cup dandelion greens (packed measure) about a third of a bunch

½ bunch kale (3-4 cups packed measure)

1 cup parsley (about a quarter bunch or 8-9 sprigs packed measure)

½ cup cilantro (about 8-9 sprigs packed measure)

2-inch long ½ inch diameter knob of burdock root

Directions:





Rough chop (see Glossary) the cucumber, apple, and lemons into medium pieces (approximately 1 inch). Place all ingredients in high speed blender in the order they are listed. Blend smooth (about 1 minute cycle). The plunger may be needed to get things started. Strain blended mixture through a ***More than a Nut Milk Bag***, easily 'milking' the pulp and catching the juice in a bowl or pitcher. Serve immediately. Save the pulp for use in other recipes. (Example: Garden Blend Crackers, page 68)

Additions:

If you are feeling a bit under the weather or sense a cold or flu coming on, add a couple of cloves of garlic or a warming ingredient such as ginger or cayenne to this juice. This will give your immune system just the kick you need to fight off the baddies and open up your sinuses.