

Green Giant Juice

Kale is King – one of the healthiest leafy greens on the planet and one of my favorites. It comes in many varieties – Dinosaur, Curly, Russian, Ornamental, to name a few – and every one is packed with nutrition: calcium, fiber, iron, beta-carotene (a powerful anti-oxidant) and Vitamins A, C and K. Kale is a powerful, versatile green energy that enriches smoothies, salads, and green juices.

Yield: 16 oz of juice / approximately 1 cup pulp **NMB BL**

Ingredients:

- ½ cup water
- 1 medium lemon peeled
- 2 large celery stalks
- ½ medium apple
- ¼ cup parsley packed measure (4-5 sprigs)
- 1 cup spinach packed measure (1 large handful)
- Thumb-sized knob of ginger
- 1 cup kale leaves packed measure (3 large sized leaves)

Directions:

Rough chop (see Glossary) the lemon, celery, and apple 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. (Examples: Spinach Wraps, page 58 or Garden Blend Crackers, page 68)

Additions

Add 1 cucumber, rough chopped for another level of flavor and nutrition.