

## **Green Giant**

Yield: 14 ounces

### **Ingredients:**

4 stalks Dino Kale  
4 stalks Curly Kale  
½ cucumber  
6 stalks celery  
1 apple  
1 teaspoon fresh ginger  
Juice from one lemon

### **Directions:**

Rough-chop produce to fit into your juicer or blender and process.

### **Brenda's Note:**

If using a blender place high water content fruits and vegetables near the blades for processing. Once you have a mixture strain through a nut milk bag for clear run juice and save pulp for other recipes.

Thank you to Living Light for this recipe.