

GREEN "SHOTS"

This recipe makes 2 servings, but can easily be halved or doubled.



INGREDIENTS

10 large kale leaves
2/3 cup spinach
2 small apples (a sweet variety, such as gala)



EQUIPMENT

Knife
Juicer
Double shot glass/cup

NUTRITION FACTS PER SERVING

Calories: 104
Total Fat: 0.5g
Sodium: 36g
Potassium: 495mg
Carbs: 23.1g
Fiber: 3.2g
Protein: 2.4g



METHOD

1. Before beginning, slice apple in to small slices that will fit in the opening of your juicer.
2. Place a double shot glass or small cup underneath the spout of your juicer.
3. Using your juicer, juice 5 kale leaves first, followed by the slices of one apple, followed by 1/3 cup of spinach. If you don't put them through in this order (the most important part is that the apple is in the middle), then the top half or bottom half of your juice may become bitter.
4. If you are making a second "shot", follow step 3 for the rest of your ingredients!

