Green Detox Juice

Ingredients:

4 cups kale or spinach leaves, stems removed

2 large cucumbers, peeled and sliced

4 celery stalks, chopped.

2 green apples, cored and sliced

1 lemon, peeled and segmented

1-inch piece of fresh ginger, peeled

1.5 to 2 cups water (adjusted for desired consistency)

Ice cubes (optional)

1. Wash all the fruits and vegetables thoroughly.
2. Put the ingredients and water into a blender and blend thoroughly.
3. Pour the blended juice through a strainer. You can add more water if desired. Stir the juice well to ensure it's evenly mixed.
4. Pour the green detox juice into glasses over ice cubes if desired. You can add a touch of honey if you prefer a slightly sweeter flavour.