

THE BEST GREEN JUICE, EVER

SERVES (1)

Just about as energizing as a cup of coffee with none of the letdown, green juice is an incredibly healthy invigorating way to start your day. Kale is full of calcium and antioxidants. It's just about one of the best things you can put in your body #superfood.

INGREDIENTS

5 large leaves of kale, ribs discarded, leaves roughly chopped
Juice of 1 lemon
1 large apple, roughly chopped
1 -inch of piece of fresh ginger
1/2 cup of filtered water
1 sprig of mint

METHOD

Combine all ingredients in a high-speed. Blender and blend until smooth. Then pass the mixture through a fine-mesh strainer and drink immediately.

the WELLNESS STUDIO *by Alisha*