

Green Goddess—Juice

Energy , Detox, Immunity, Digestion, Skin

1 bunch fresh Parsley, washed
1 handful Watercress, washed
4 Broccoli spears, washed & cut to fit juicer chute
½ Pineapple, peeled & chopped
Put all through juicer, and drink immediately

Parsley: Rich in Chlorophyll, cleanser, full of vitamins & minerals, aids digestion

Watercress: Lots of Chlorophyll & Sulphur, cleanser, aids digestion, skin, circulation, and the bladder.

Broccoli: Vitamin C, antioxidant, cleanser, and protects against cancer

Pineapple: Rich in Bromelain, an enzyme that assists digestion and reduces inflammation; plus vitamins & minerals

*Recipe and notes from Natalie Savona's **The Big Book of Juices and Smoothies***

*Recipe from Cyndi O'Meara's **Changing Habits Changing Lives.***

