

# Green Wellness Shot

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## Ingredients

- 2 heaping handful of greens of choice- I used Kale
- 2 green apples sliced
- 1 fresh pineapple, diced
- 1 bundle of parsley, washed well
- 1 bundle of fresh mint
- 1-2 inches of fresh ginger
- 2 kiwis peeled, sliced
- 2 limes
- 2-3 large stalks of celery chopped
- 1 large cucumber sliced

## Directions

1. If using a blender, place all ingredients in a blender and mix well- add water if needed to thin.
2. Use a mesh bag to strain and then pour into your glass bottles
3. If using a juicer, place all ingredients in the juicer and then pour into glass bottles
4. Then enjoy daily! I'd recommend taking one shot daily every morning on an empty stomach

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MADE WITH LOVE

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by Teresa Forchard