



Ingredients

- 1 large head of romaine lettuce
- ¼ organic English cucumber with skin removed
- Small piece of ginger
- 1 small carrot
- 3 large celery stalks
- Fennel, parsley, or favorite vegetable to taste

Instructions

Use organic vegetables wherever possible. Put ingredients through the juicer and drink immediately. This is a refreshing drink that enhances detoxification.