



Load up on green veggies and start the day right with a delicious and vibrant juice.

Green Juice

Yield: 1 serving

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per 1 recipe)
SupHerb Farms Fresh Frozen Fennel	1 cup	Calories 130 Fat 1g Saturated Fat 0g Cholesterol 0mg Sodium 75mg Carbohydrate 25g Fiber 7g Sugars 10g Protein 6g
SupHerb Farms Fresh Frozen Kale	1/2 cup	
English cucumber	1	
Lemon, peeled	1/2	
SupHerb Farms Fresh Frozen Ginger Purée	2 tsp	DIETARY STATEMENTS Egg Free Nut Free Dairy Free Gluten Free Vegan Vegetarian
SupHerb Farms Fresh Frozen Spearmint	2 tbsp	

PREPARATION

Press SupHerb Farms Fennel, SupHerb Farms Kale, cucumber, lemon, SupHerb Farms Ginger Purée and SupHerb Farms Spearmint through juicer. Stir well.

TO SERVE

Pour into tall glass. Serve immediately.