

Green Juice

Prep time: 20 mins

Serves: 2

Ingredients

- 3 large sticks of celery
- 1 medium carrot
- ½ very large pineapple
- 1 large orange
- 130g spinach
- 50g kale

Preparation

Roughly chop the carrots and celery.

Peel the oranges and slice into large segments.

Wash the spinach and kale in a colander.

Remove the outer of the pineapple and slice into manageable slices.

Put all ingredients through a cold press juicer, stir and enjoy.

