

## Green Juice

8 oz Green juice made with Norwalk juicer. Use no other substitutes.

**Romaine Lettuce** 6-7 big leaves with stalk)



**Green leaf lettuce**



**or Red leaf lettuce**



**Escarole** (2-3 leaves)



**Endive** (2-3 leaves)



**Beet tops** (2-3 young inner leaves)



**Watercress** (5 to 6 leaves)



**Red cabbage** (3 to 4 leaves)



**Green bell pepper** (1/4 of s/medium)



**Swiss chard** (2 medium sized leaves) just a little



**Green apple** (1 medium)

