



GOLDEN DOOR®

GREEN DRINK

YIELD: 2 SERVINGS

INGREDIENTS

- 1 cucumber
- 1 medium Granny Smith apple
- 1 teaspoon minced ginger
- ½ medium lemon
- 1 stalk celery
- 1 cup or large handful kale or spinach

PREPARATION

Wash all fruits and vegetables.

Cut ingredients into large pieces small enough to fit in juicer.

Place in juicer and process.

Nutrition per serving: 90 calories, 3 grams protein, 23 grams carbohydrate, 0 grams fat, 0 mg cholesterol, 0 mg saturated fat, 65 mg sodium, 408 mg potassium, 12 grams sugar, 6 grams fiber

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