

Detoxifying juice

3 apples

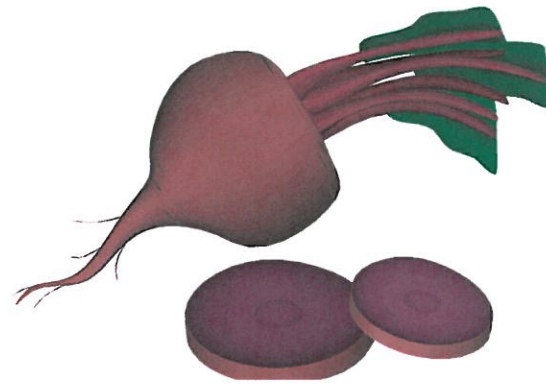
2 med. size beets

½ cucumber (long one, English)

¼ lemon with rind

1 tsp. ginger, finely chopped

¼ cup coconut Kefir, Plain



Juice first four ingredients and then stir in ginger into each glass.
Last, gently swirl in coconut Kefir, about 2 Tbs. into each glass.

This is a great Liver and bowel cleanser!!!

