



## **Enzyme Rich Green Drink (fast and easy)**

(To be made in a Vita Mixer or Blendtec Blender)

2 big handfuls of baby spinach leaves  
1 lg. carrot  
5 sprigs of parsley  
¼ lime or lemon with rind  
1 apple  
1 zucchini or cucumber or any other green vegetable of your choice  
Optional: 2 slices of ginger or parsnips



Combine all ingredients in blender, add 2 cups water and 1 cup ice, liquefy until smooth. Pour into a mason jar and you can keep in refrigerator for two days. You have fresh, raw greens daily. A few ounces of this fresh drink can be added to your Protein Smoothie every morning, you may still add some nut milk, if you like.

For a variation and cleansing of fats, you can add ½ avocado to above greens.

What a powerful way to start your day!!!

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