

# Green Juice



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Recipe by: Laura Vitale

Serves 2

**Prep Time: 5 minutes**

**Cook Time: minutes**

## Ingredients

- 1 cup of Kale
- ½ of a Cucumber
- 1 Stalk of Celery
- ½ cup of Frozen White Grapes
- ½ cup of Frozen Watermelon
- 1 Red Apple
- Juice of ½ lemon
- Pinch of Cayenne Pepper

1) Add everything to a powerful blender and blend until smooth. You can also use an actual juicer for this recipe just omit the water.

