

Green Juice

Refreshing green juice recipe with celery, apple, kiwi, and herbs. Packed with vitamins and perfect for detox. Ready in 10 minutes!

10	10	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Green Juice

Ingredients

- 1 celery stick
- 1 apple
- 1 cucumber
- 1 tsp fresh root ginger
- 1 sprig parsley
- 1 lemon
- 1 cup water

Instructions

- 1 Prepare ingredients**
Wash all produce under cold running water and pat dry with clean towels.
- 2** Core the apple and chop into 1-inch pieces. Peel the kiwi and cut into quarters.
- 3** Chop the celery into 1-inch pieces. Tear the lettuce into smaller pieces that will fit easily in your blender.
- 4** Peel the ginger with a spoon and grate 1 teaspoon. Pick the parsley and basil leaves from their stems, discarding the tough stems.
- 5 Blend the juice**
Add 1 cup water to your blender first, followed by the celery and lettuce pieces.
- 6** Add the apple pieces, kiwi quarters, parsley leaves, basil leaves, and 1 teaspoon grated ginger to the blender.
- 7** Squeeze the lemon directly into the blender to get about 1 tablespoon of fresh juice.
- 8** Blend on high speed for 60-90 seconds until completely smooth with no visible chunks remaining.
- 9 Strain and serve**
Pour the juice through a fine-mesh strainer into a glass if you prefer a smoother texture, or serve as-is for more fiber. Serve immediately over ice.

Tips

Wash all vegetables and fruits thoroughly, even organic varieties, to remove any surface bacteria or residue that could affect taste and safety.

Cut harder ingredients like apples and celery into smaller pieces to reduce strain on your blender and ensure even processing.

Add liquid ingredients first when blending to create a vortex that helps pull other ingredients down into the blades for smoother processing.

Chill all ingredients beforehand for a refreshing cold juice without needing to add ice, which can dilute the flavor.

Taste and adjust sweetness by adding more apple or lemon juice as needed – individual preferences vary significantly.

Strain through a fine-mesh sieve if you prefer a completely smooth texture without any pulp or fiber pieces.

Serve immediately over ice for best flavor and nutritional value, as fresh juice loses potency quickly once exposed to air and light.