Cold-Pressed Kale, green Apple & Mint Juice.

**Equipment**
- Chopping board
- Cooks knife
- 1 Bowl
- Glasses for juice

**What to do**
1. Wash all fruit and veg.
2. Cut everything into small pieces and put into a large silver bowl and toss lightly with hands to get a mix of all ingredients.
3. Juice in the cold pressed juicer.
4. Pour into a glass jug for easy pouring.
5. Serve in mini milk bottle glasses (or mason glasses) with a little ice to chill juice.

This juice is packed full of nutritious essential vitamins & minerals and is very cleansing! Kale is the star ingredient packed with super food nutrition!

**Ingredients:**
- 10 Granny smith apples, washed and cut into small pieces (the whole apple can go into juicer, skin & seeds too, just needs to be cut up small)
- ½ cup picked fresh mint leaves
- ½ bunch Kale leaves, washed
- 1 lemon, peeled and cut into small pieces
- ½ bunch celery, washed and cut into small pieces

**From The Garden:**
- Kale
- Mint
- Lemons

Note: Our Cold Pressed juice extractor provides juice that retains the beneficial nutrients & enzymes of the ingredients for up to 4 days.