

Green Cleanse (Juice)

Leslie Price
Everyday with Rachael Ray

Servings: 1

Yield: 1 1/2 cups

3 ribs celery
1 bunch Swiss chard
1 bunch Tuscan kale
1 handful baby spinach
1 apple
1 lemon
1/2 cucumber
1/2 bunch flat-leaf parsley
1/4 head romaine lettuce

Home Juicing How-To:

1. Wash the ingredients; remove the stems and peel the citrus. Thin-skinned fruits and vegetables, like apples or cucumber, don't need to be peeled.
2. Halve large fruits and vegetables so they'll fit into the juicer tube.
3. Turn the juicer on and feed the ingredients into the tube one at a time. Juice hard vegetables at a high speed and softer fruits at a low speed. Pour into a glass and drink up.

No Juicer? No problem!

Run firm ingredients through a food processor fitted with a grating disk. Transfer to a bowl, remove the disk and insert the standard blade. Puree the ingredients for 5 minutes, then press through a fine-mesh strainer.

Beverages

Per Serving (excluding unknown items): 163 Calories; 1g Fat (6.3% calories from fat); 6g Protein; 41g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 163mg Sodium. Exchanges: 2 1/2 Vegetable; 1 1/2 Fruit.

Per Serving Nutritional Analysis

Calories (kcal):	163	Vitamin B6 (mg):	.4mg
% Calories from Fat:	6.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	1g	Folacin (mcg):	335mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
		Caffeine (mg):	0mg

