

## Mean Green Juice (Using Juicer)



TIME TO  
PREPARE

10  
minutes



COOK  
TIME

0  
minutes



SERVING

1 Person



PREPARED BY

<https://www.swsas.org.au/>

### Ingredients

- 2 cucumbers
- 2 celery stalks
- 2 apples
- 1 bunch of kale leaves or spinach
- 1 lemon peeled
- 1 small knob of ginger

### Method

01. Wash all ingredients thoroughly.
02. Run through juicer starting from the bottom ingredients and work your way up. *Tip: you will taste what goes through the juicer first the most as it infuses (ginger is good for you).*
03. Great served with ice. ENJOY!
04. Show us what you made on Instagram!  
**#swsasrecipes #swsasathletes #swsasonline**  
**@southwestsydneyacademyofsport**
05. *Note: For 2 serves double the ingredients*

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