

Alkaline Juice Recipe

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- Half a cucumber
- 4 celery stalks
- 1 apple
- Thumb size ginger chunk
- Half lemon

Instructions:

1. Using your juice extractor, slowly run all the ingredients through your juicer.
2. If you don't have a juicer, you can put all these ingredients with some water into a blender and then strain the fibre from the juice with a wire mesh strainer or a nutbag.

Notes:

Serves 1