

The Hydrator Juice

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- Half a cucumber
- 4 celery* stalks
- 1 lime
- 4 kale leaves
- 1 grapefruit
- 3 carrots

Instructions:

1. Using a juice extractor, place all the fruits and veggies in one by one.

Notes:

You can juice the celery tops, the leafy part. I had to cut it off because it was a little slimy and you don't want to eat that!