

Bladder Cleansing Green Juice

Ingredients:

- 1 cucumber
- 1 green apple
- 1 cup parsley
- ½ lemon
- ½ cup unsweetened cranberry juice
- ½ cup water

Instructions:

1. Juice the cucumber, apple, parsley, and lemon.
2. Stir in cranberry juice and water.
3. Serve chilled.

Benefits:

Cleanses the bladder and urinary tract while preventing infections.