

## **Colon Detox Green Juice**

### **Ingredients:**

- 1 cup aloe vera juice
- 1 green apple
- ½ cucumber
- 1 celery stalk
- ½ lemon
- (Optional: 1 tbsp soaked chia seeds)

### **Instructions:**

1. Juice all solid ingredients.
2. Mix in aloe juice and soaked chia last.
3. Stir and serve.

### **Benefits:**

Flushes colon waste, hydrates the gut lining, and supports bowel movement.