

Detoxifying Broccoli Juice

Ingredients:

- ½ cup raw broccoli
- 1 cucumber
- 1 green apple
- 1 lemon
- 1 celery stalk

Instructions:

1. Wash all ingredients.
2. Cut into pieces for juicing.
3. Juice and drink right away.

Benefits:

Broccoli boosts detox enzyme production and helps regulate hormones.