

Liver Flush Green Juice

Ingredients:

- 1 cup dandelion greens
- ½ cucumber
- 1 lemon (peeled)
- 1 green apple
- 1-inch fresh ginger
- 1 stalk celery
- ½ cup water

Instructions:

1. Wash all ingredients thoroughly.
2. Chop them into smaller pieces to fit into your juicer.
3. Juice everything using a juicer.
4. Stir the juice and serve fresh over ice if desired.

Benefits:

Dandelion and lemon stimulate bile production and flush out liver toxins. Ginger and apple aid digestion and reduce inflammation.

