

Lymphatic Cleanse Juice

Ingredients:

- 1 cup dandelion greens
- 1 cucumber
- 1 green apple
- ½ lemon
- 1-inch ginger
- ½ cup water

Instructions:

1. Wash and cut ingredients.
2. Juice all components.
3. Mix and drink fresh.

Benefits:

Stimulates lymph drainage and reduces water retention.