

Skin Glow Green Juice

Ingredients:

- 1 cucumber
- 1 cup kale
- ½ green apple
- 1 lemon
- 1-inch ginger
- ½ cup aloe vera juice

Instructions:

1. Wash and chop the ingredients.
2. Juice all solids first.
3. Stir in aloe vera juice last.
4. Serve chilled.

Benefits:

Hydrates, clears toxins, and boosts collagen with cucumber, kale, and aloe.