

## **Aloe Glow Juice**

### **Ingredients:**

- ½ cucumber
- ¼ cup aloe vera juice
- 1 green apple
- Juice of 1 lemon
- 1-inch ginger
- 1 cup cold water

### **Instructions:**

Blend until smooth and strain if desired.

### **Benefits:**

Soothes digestive system, supports skin regeneration, anti-inflammatory.