

# Pure Sunshine Green Juice

**Prep Time**

10 minutes

**Cooking Time**

0 minutes

**Yields**

2 servings

**Ingredients**

5 leaves kale  
2 large English cucumbers  
2 green apples  
1 lemon

**Directions**

1. Rinse all ingredients and peel if they aren't organic.
2. Slice cucumbers the long way, so you have spears.
3. Core apple.
4. Cut lemon into four.
5. Pass all ingredients through juicer.

**Credit**

Used with permission from The Integrative Nutrition Cookbook, 2016