**Geen Juice Recipes**

Opción 1

* 5 Handfuls of Spinach
* 3 Kale Leaves
* 3 Celery Stalks
* ½ Cucumber
* ½ Lemon
* 2 Fuji Apples

Opción 2

* ½ Head of Romaine
* 1 Handful of Spinach
* 2 Kale Leaves
* 10 Sprigs of Cilantro
* 2 Apples
* ½ Lime

Opción 3

* 1 Cucumber
* 1 Apple (Green)
* ½ Cup of Pineapple
* 4 Kale Leaves
* 3 Swiss Chard Leaves

Opción 4

* 1 Orange
* ½ Cucumber
* 3 Celery Stalks
* ½ Lemon
* 1 Apple

Opción 5

* 2 Handfuls of Spinach
* 4 Kale Leaves
* 1 Cup Pineapple
* 1 Small Handful of Mint Leaves
* 2 Apples (Green)

Opción 6

* 2 Celery Stalks
* ½ Cucumber
* 3 Swiss Chard Leaves
* 2 Kale Leaves
* 1-2 Apples

Opción 7

* 1 Bunch Cilantro
* 2 Cucumbers
* 2 Green Apples
* 1 Lime

Opción 8

* 6 Chard Leaves
* 1-2 Cups of Green Grapes
* ½ Cucumber
* 1 Green Apple
* ½-1in Piece of Ginger

Opción 9

* 1 Beet
* 1-2 Apples
* 1 Cucumber
* 3 Swiss Chard Leaves
* 10 Parsley Sprigs

 Opción 10

* 1 Bunch of Kale
* 3 Kiwis
* 1-2 Apples
* ½ -1in Ginger

 Opción 11

* 1 Head of Romaine Lettuce
* 1 Small Handful of Mint
* 3 Swiss Chard Leaves
* 1 Lemon
* 2 Apples

Opción 12

* 1 Handful of Arugula
* 1 Handful of Mint
* 1/2 Cucumber
* 2 Oranges