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SOUTH DAKOTA 57701

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Green Goodness Juice

Makes 4, 8-oz juices

Looking for a refreshing way to incorporate more fruits and veggies into your day? This not too sweet, not too savory juice is a great way to bust the summer heat. The grapes and apple act as natural sweeteners in this delicious smoothie, while the fresh lemon offers a note of brightness. The mint introduces some additional personality for an overall healthy and satisfying drink. Drink it to start your day, or as an afternoon pick me up!

Ingredients:

1 green apple, cored
1/2 English cucumber, peeled
1 cup green grapes
1 stalk celery
2 cups spinach leaves
1 lemon, juiced
8 mint leaves

Directions:

1. Combine all of the ingredients in a high-powered blender, and blend on high until all the fruits and vegetables are evenly combined and the juice is smooth. Enjoy immediately.