

## Liver Cleansing Juice Recipe

### Ingredients:

- 1 green apple, cored and chopped
- 2 celery stalks, washed and chopped (threads removed)
- 1 cup spinach leaves, washed
- Juice from 1/2 a lemon
- 1 cup filtered water

### Instructions:

1. **Prepare the Apple:** Wash and core the green apple. Chop it into pieces and place them in the blender.
2. **Prepare the Celery:** Wash the celery stalks thoroughly and remove the threads from the back. Chop them into smaller pieces and add them to the blender.
3. **Add the Spinach:** Wash the spinach leaves and add them to the blender.
4. **Add the Lemon Juice and Water:** Squeeze the juice from half a lemon and add it to the blender along with the filtered water.
5. **Blend:** Blend all the ingredients until smooth.
6. **Serve:** Pour into a glass and enjoy your liver-cleansing juice whenever you like.

### Nutritional Breakdown (Per Serving)

- **Calories:** 62 kcal
- **Carbohydrates:** 16 g
  - **Fiber:** 3 g
  - **Sugars:** 10 g
- **Protein:** 1 g
- **Fat:** 0.5 g
  - **Saturated Fat:** 0 g
- **Vitamin A:** 43% of the Daily Value (DV)
- **Vitamin C:** 26% of the DV
- **Calcium:** 4% of the DV
- **Iron:** 5% of the DV

This juice is not only refreshing but also packed with vitamins and antioxidants that support liver health.