



the

MRS CLEANSE

INGREDIENTS

- 3 large carrots - washed + cut*
- 2 red apples - washed + cut*
- 2 beets - washed + cut*
- 1" fresh ginger - peeled + minced*
- 2 cups fresh spinach - washed + chopped*
- 2 bananas - peeled*
- 1/2 cup tart cherry juice concentrate*
- 1 fresh lemon - squeezed*

IN A JUICER, JUICE

- spinach*
- carrots*
- red apples*
- beets*



IN A BLENDER, BLEND

- tart cherry juice concentrate*
- fresh lemon juice*
- minced ginger*
- bananas*



**ADD THE JUICED JUICE TO THE BLENDER AND BLEND UNTIL BLENDED.
ENJOY THIS HEALTH-LADEN COCKTAIL FOR BREAKFAST + LUNCH FOR
FIVE DAYS, OR UNTIL YOU'RE TOTALLY MENDED.**

Chin-Chin! Mrs. Lilien
WWW.BLOG.MRSLILIEN.COM