The Flu Fighter and Immune System Booster

Ingredients
3 carrots chopped into ¼” pieces
1 stalk of celery chopped into ¼” pieces
1 apple chopped into ¼” pieces
½ cucumber chopped into ¼” pieces
½ beet with the greens, beet chopped into ¼” pieces
½ handful of wheatgrass
½ handful of parsley

First juice a carrot and half of an apple. Follow with the wheatgrass and parsley. To juice the wheatgrass and parsley, roll each into a beet leaf and juice. Next juice the beets and the cucumber and finish with the carrots and apple.

This juice is great for building and maintaining the immune system.

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