

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.

 /lovejuicing

