

Kale Elixir

makes 16-20oz

- 1 Bunch Kale
- 5 Carrots
- 2 large romaine leaves
- 1/2" piece ginger
- 1 lemon wedge
- 1 apple, cored
- 1 Tbsp E3 Live (optional)

Juice all fruits and veggies together. Top with E3.