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**JILL SWYERS**

**LIVING FOODS FOR  
OPTIMUM HEALTH**



Hippocrates  
Health Educator  
& Culinary Consultant

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*Educadora de Saúde do  
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## **GREEN ENERGY PROTEIN JUICE**

### Ingredients:

- ◆ 1 TBS / 30ml - Lime or Lemon Juice
- ◆ 4 TBS / 120ml - Water
- ◆ 2 Cups / 200g - Cucumber – chopped
- ◆ 1/2 / 200g - Lettuce – sliced
- ◆ 3 Sticks / 125g - Celery – chopped
- ◆ 1 Cup / 225g - Kale – sliced
- ◆ ½ / 100g - Fennel -sliced

### **AND/OR ADD COMPLETE PROTEIN, i.e.**

- ◆ 1 Cup / 125g - Sunflower Greens
- ◆ 1 Cup / 125g - Peagreens

Yields 2 x 8oz Glasses / 250 ml per glass

Juice all ingredients, but if using a Blender, put through muslin bag.

Pour & Drink!

This recipe is subject to taste, i.e. you can add more or less of each item per your personal preference. You can also add some seasoning to taste: cayenne, cumin, tamari, dulse flakes, etc.

**Freshly Made is Always Best**

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**Jill Swyers**

Living Foods for Health

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