



EASY GREEN JUICE

January 26

National Green Juice Day

INGREDIENTS

- 2 Kiwis
- 2 Large Celery Stalks
- 1 Medium Cucumber
- 1 Cup Fresh Spinach

DIRECTIONS

1. Using a juicer, begin with your cucumber and put each ingredient in one at a time.
2. End with your kiwi so the juicer will more easily dispense of the final juices.
3. Stir thoroughly and serve chilled.

MEAL PATTERN CONTRIBUTION

 Vegetable

*Counts as Daily Juice Serving

MEAL TYPE

 Breakfast

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup