

Cyber Food Truck Recipes

TreatingInterstitialCystitis.com

MONSTER GREEN JUICE

INGREDIENTS:

- 4 Carrots
- 1 Red apple (large)
- 3-4 Cups of spinach
- 1 Lime (small)
- 3 Celery stalks

DIRECTIONS:

1. Wash fruits and vegetables
2. Place in juicer (high-powered for best results)
3. Place in an air-tight container or freeze in ice cube tray
4. Chill before drinking

COMMENTS:

If you prefer a “tart” taste better, you can substitute a green Granny Smith apple rather than a red variety apple. Fresh juiced fruits and vegetables can be stored in the refrigerator for up to 2 to 3 days or freeze for longer use. For maximum benefit, drink the juice sooner rather than later.

