

## Sarah's Green Smoothie

(Makes 2 x 16-ounce smoothies)

1 cup fresh water

Juice of one lemon

1-inch piece of fresh ginger (peeled)

Bunch of parsley **Note:** Be sure to rinse your parsley well before adding it to the blender to remove any dirt.

Handfuls of leafy greens

1-2 chopped Carrots

1-2 Beets

1 Apple, chopped

Zucchini (or summer squash)

Blend and enjoy!