

Ready to start 7 days **Dietsana Juice Detox Challenge**?

Here you have the **recipe No.1!**



Here starts **Dietsana Juice Detox Challenge** with a delicious juice designed to detoxify your body, ready?

This juice takes ingredients such as lemon, green apples, parsley and spinach. They will help you hydrate the body, eliminate toxins and retained liquid and will fill you with vitamins and minerals.

Quantity: 1 litre

Cooking tools: Blender + filtering bag or juice extractor

Ingredients:

- 1 squeezed lemon
- 2 green apples, peeled and chopped
- a handful of spinach and
- parsley

- ½ liter of water or coconut water

Method:

1. Place in the blender all the ingredients. Add water or coconut water and blend well.
2. Take a bowl with filtering bag, pour the content and extract the juice.
3. Add juice into a glass and enjoy!