

We arrive to the end of the challenge!

Here you have **recipe No.7!**



This juice is one of my favorites because it includes a lot of veggies with all the healthy benefits from them. It contains lemon, green Apple, kale, cucumber and ginger.

**Quantity:** 1 litre

**Cooking tools:** Blender+ nutmilk bag or juice extractor

**Ingredients:**

- 1 lemon, squeezed
- 2 green apples, peeled and chopped
- 1 handful of kale
- 1/4 cucumber, chopped
- 1 tbsp of ginger, grated
- 1/2 litre of water or coconut water

**Method:**

1. Place all the ingredients in the blender and blend until smooth.
2. Grab a bowl with nutmilk bag, pour the content and extract the juice.
3. Añade el zumo en un vaso y disfruta!