

Here you have **recipe No.6!**



This juice has ingredients such as lemon, green apples and cabbage. It has anti-cancer properties for its action against free radicals and strengthens the immune system. Is rich in vitamin C.

Quantity: 1 litre

Cooking tools: Blender + nutmilk filter bag or juice extractor

Ingredients:

- 1 squeezed lemon
- 2 Green apples, peeled and chopped
- 1/4 cabbage
- 1 tbsp of ginger, peeled and chopped
- 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 contents of the blender and extract the juice.

3. Add juice into a glass jar and enjoy!