



VEGGIE MIX

Prep time: 30 sec | Serves: 1

INGREDIENTS

- 2 cups fresh chopped kale
- 1 medium carrot, peeled and chopped
- 1 small beet, peeled and chopped
- 1 cup water
- 3 to 4 ice cubes
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh grated ginger

NUTRITION DATA

160 calories | 0.7g fat | 6.9g protein | 34.4g carbs
6.3g fiber | 11.8g sugar
192mg sodium

STEPS

01

Combine all of the ingredients in a blender.

02

Pulse several times then blend on high speed for 30 to 60 seconds.

03

Pour into a large glass and enjoy immediately.



Dr. Gorge J Holistic Health and Healing
drgeorgej.com @dr.georgej f drgeorgej

Source: Outback Vision Protocol