

# 3 LIVERS DETOX GREEN JUICE RECIPES



CUCUMBER SPIRULINA JUICE



## Ingredients

- 2 Cucumbers
- 1 Cup mixed green (Spinach, Kale)
- 2 Organic lemon, peeled
- 2 tsp organic raw spirulina
- 2 Celery stalks
- 1 Cup purified water

## Ingredients

- 1 Fennel bulb
- 5-6 limes, peeled
- 3 Asparagus spears
- 2 Large bunches parsley
- 1 Cup coconut water



PARSLEY FENNEL JUICE

## Ingredients

- 2 Cucumbers
- 2 Cups fresh spinach
- 2 Lemons, peeled
- 2 Celery stalks
- 1 Inch piece fresh ginger



SPINACH CUCUMBER JUICE



# Liver Cleansing Recipe

**Joacim Rocklöv**



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