

Green Detox Juice Recipe: My Go-To Refreshing Cleanse in a Glass

If your body's been begging for a reset, this vibrant



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INGREDIENTS

- 2 cups kale leaves, stems removed
- 1 cup spinach leaves
- 1 cucumber, sliced
- 2 celery stalks, chopped
- 1 green apple, cored and chopped
- 1 lemon, peeled
- 1-inch piece fresh ginger, peeled

DIRECTIONS

1. Wash all your ingredients thoroughly.
2. Prep them by chopping the kale, spinach, cucumber, and celery into smaller chunks.
3. Core the green apple and peel both the lemon and the ginger.
4. Juice: Feed everything into your juicer, alternating soft and hard ingredients for best flow. No juicer? Use a blender and strain through cheesecloth or a nut milk bag.
5. Serve immediately over ice or store in an airtight jar in the fridge.

SWAPS & NOTES

Substitute with more spinach or Swiss chard.

Add sweetness: A ripe pear or half a banana (if blending) adds creamy sweetness.

Citrus twist: Try lime instead of lemon for a sharper tang.

Extra punch: Add a few mint leaves or parsley for more detox and flavor.

TIPS FOR SUCCESS

Juice fresh daily if possible to preserve nutrients and flavor.

Drink on an empty stomach in the morning for best absorption.

Make it cold: Chill your ingredients beforehand or add a couple ice cubes post-juicing.

Use organic produce whenever you can-especially for greens and apples, which often carry more pesticide residue.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/green-detox-juice-recipe-my-go-to-refreshing-cleanse-in-a-glass/>