

Herbal Legacy Recipes

Green Veggie Energy Drink

Contributed by Sarah Greer

Tools: Juicer/Vita-Mix

Makes: 1 Serving

- *4 Leaves Romaine lettuce
- *1 small bunch of spinach
- *1 small bunch of parsley
- *Dandelion greens to taste
- *3 stalks of celery
- *2 large apples, cored
- *Fresh mint leaf to taste

1. One at a time, roll the romaine lettuce, spinach, parsley and dandelion greens into a tight ball and push them through the juicer (or just put in your Vita-Mix)
2. Push the celery and apple through juicer: you can then garnish your energy booster with mint

**Even better: Try using all organic Veggies and fruit for an even better kick of energy!

NOTE: Sarah Greer is the Licensed Massage Therapist located above The Dr. Christopher Herb Shop in Springville. Her website address is <http://www.massageyogahealth.com>.