Strawberry Cucumber Ginger Juice

Serves 1

INGREDIENTS
1 green apple, cored
1 cup fresh strawberries
1/4 English cucumber
1 lemon, rind removed
1 (1/2 inch) piece of ginger root
1/2 cup filtered water
Pinch of sea salt (optional)

DIRECTIONS
1. Make sure all produce is thoroughly washed.
2. Push the apple, strawberries, cucumber, lemon, ginger, and water through the juicer.
3. Strain any pulp.
4. Stir in salt if desired.
5. Enjoy!

NUTRITION INFORMATION PER SERVING
Calories: 149, Total Fat: 2g, Saturated Fat: 0g, Sodium: 6mg, Carbohydrate 39g, Total Sugar: 23g, Added Sugar: 0g, Protein: 1g

SOURCE https://www.theblendergirl.com/recipe/apple-lemon-ginger-strawberry-juice/