

Apple Cranberry Ginger Juice

ingredients

2 sweet apples *
3/4 C cranberries
1 knob of fresh ginger
1 C water (if using
blender)

**in the video I say to use 3
apples, but I only used 2*

directions

Blend it all in a blender or run it through a juicer and drink!

note: This juice is also a wonderful digestive aid and perfect for drinking in winter, when colds and flus are going around!



a gentler and *happier* approach to health