

Make Green Juices for Your *Health*

Green Tips - October 2016

Green Life, Green Campus



GREEN POWER

Cucumber x ½, Kale x 1 cup, Granny Smith Apple x 1, Green Grapes x ½ cup

Features: The iron from the kale can improve your circulation system while the pectin from the apples can decrease hunger pangs.

ANTIOXIDANT DELIGHT

Carrot x 1, Blueberries x 1 cup, Strawberries x ½ cup, Spinach x 1 cup

Features: The spinach is loaded with iron and folic acid. Besides, blueberries contain the second highest amount of antioxidant out of all berries!



POST-WORKOUT BUSTER

Orange x 1, Small Sweet Potato x 1, Almond Milk x ½ cup

Features: The sweet potato provides an influx of calories and other nutrients to replenish your body. Almond milk is a good alternative to dairy products because it is low-fat and lactose-free.



Information & Photo Credits: **Health Ambition** (<https://goo.gl/KRT4CS>)

More Green Juice Recipes: **iHealth3.com** (Chinese only) (<https://goo.gl/JgY4z6>)