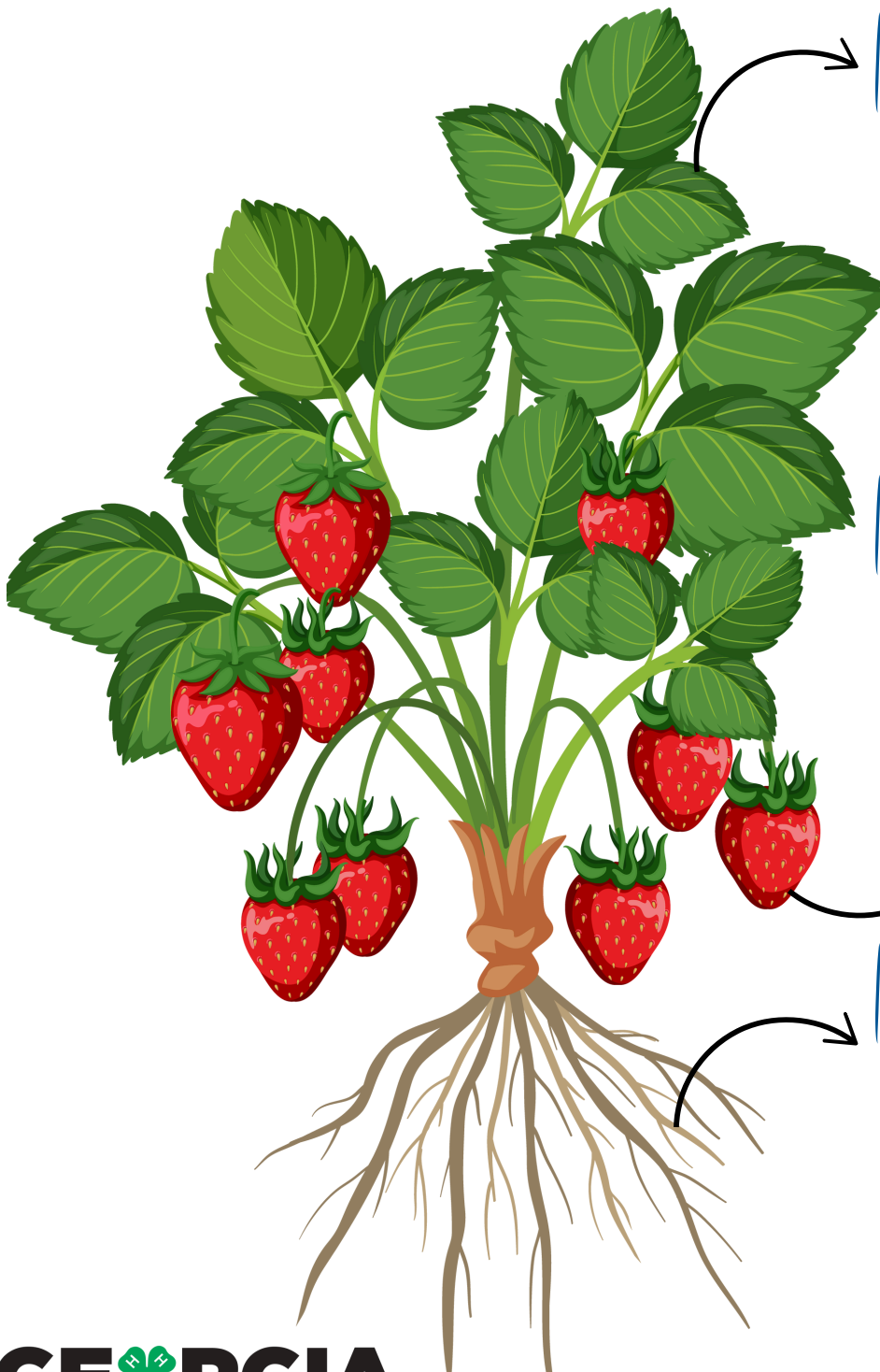


PLANT PART RECIPE: GREEN JUICE

Instructions: Create your own plant part green juice recipe by choosing at least one plant part from each category. Place all parts in a blender, add water, and blend until smooth. Strain the blended mixture through a cheesecloth and squeeze out the liquid into a glass or pitcher. Enjoy the magic of eating a variety of plant parts!



LEAVES/STEMS:

- CELERY
- SPINACH
- KALE
- RHUBARB

FRUITS/SEEDS:

- GREEN APPLE
- PINEAPPLE
- CUCUMBER
- LEMONS/CITRUS

ROOTS:

- CARROTS
- BEETS
- SWEET POTATOES
- GINGER ROOT