

1-2 handfuls of spinach (depends on your preference)

5-6 leaves of kale

5-6 celery stalks

1 Red apple

1 Green apple

1 peeled cucumber (if you like cucumber you can add 2)

1 small slice of ginger root (more if you like ginger)

½ small lime or ¼ lemon

Very small bit of parsley or cilantro if you would like—the original recipe called for dandelion but can be difficult to find.

You can add and subtract as you like and try new kinds of greens or different kinds of fruit but this recipe is good for an anti-candida diet because it is not too sweet.