

Micro Green Fruit and Veggie Juice {Purple Juice}

Yield: 9 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-microgreens-recipe>

Ingredients:

- 3 beets rinsed and sliced, if necessary
- 2 pints fresh blueberries rinsed
- 3 apples sliced, if necessary
- 1/2 cup micro greens arugula, rinsed
- 1 red chard bundle, rinsed
- 1 dandelion greens bundle, rinsed
- 1 handful spinach