

SIRT juice

Yield: 1 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-green-apple-tea-recipe>

Ingredients:

- 2 handfuls kale
- 1 1/2 cups rocket <--this is British for arugula
- 1 1/3 tablespoons parsley
- 1 1/4 cups celery green, 2-3 stalks
- 1/2 green apple
- 1/2 lemon juiced
- 1/2 matcha powder level tsp of, green tea also has caffeine so only add to first 2 juices of the day

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 24 grams
3. Fat: 0.5 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. Sodium: 150 milligrams
7. Sugar: 13 grams

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