

FENNEL AND APPLE DETOX GREEN JUICE



This recipe is from Tastes Lovely!

Natalie is the writer, photographer and recipe developer behind this blog with the ethos taste the love, love the taste



Ingredients:

- 1 bunch of spinach, washed (10 ounces)
- 1 bunch of mint
- 1 cucumber or courgette
- 2 green apples, cored
- 1 fennel bulb
- ½ lemon

Fennel juice has an amazing calming effect on the digestion and reduces intestinal cramps, intestinal gas, flatulence and bloating. It is widely used by herbalists as an antispasmodic for IBS, due to the essential oils contained within fennel that help to relax the walls of the gut.

Fennel contains compounds known as phyto-estrogens, these are plant chemicals that are similar in chemical structure to the female hormone oestrogen. These compounds are known to be of great use for conditions where a change in oestrogen levels cause symptoms, such as menopause and pre menstrual issues.

Fennel has been found to help release endorphins into the bloodstream.

Method:

1. In your juicer, add in the ingredients in the order listed.
2. For best results, drink immediately at room temperature, or served over ice.
3. Will keep in an air tight container for 3 days.

If you don't have a juicer, you can make your green juice in a blender

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk and the Phoenix Community Shop Facebook page