

- Prep Time: 15 minutes
- Yield: 2 servings (approx. 16–20 fl oz total)
- Skill Level: Easy
- Intensity Level: Medium High (due to the bold, zesty kick of fresh ginger, turmeric, and black pepper)
- Equipment Needed: High-powered juicer (masticating preferred, but centrifugal works) OR a high-speed blender + nut milk bag/cheesecloth.

Table of Contents



- [Ingredients](#)
 - [Primary Base](#)
 - [Flavor & Anti-Inflammatory Enhancers](#)
 - [The Activation Pinch \(Crucial\)](#)
- [Step-by-Step Instructions](#)
 - [Step 1: Prep Your Produce](#)
 - [Step 2: The Juicing Sequence](#)
 - [Step 3: Activate & Blend](#)
 - [Step 4: Serve or Store](#)
- [Storage & Preservation](#)
- [Ingredient Substitutions & Variations](#)
- [Detailed Nutritional Breakdown](#)

Ingredients

Primary Base

- 1 large English Cucumber (unpeeled if organic)
- 4 stalks Celery (with leaves attached)
- 2 cups Fresh Kale (stems removed, roughly chopped)
- 2 cups Fresh Spinach (washed thoroughly)

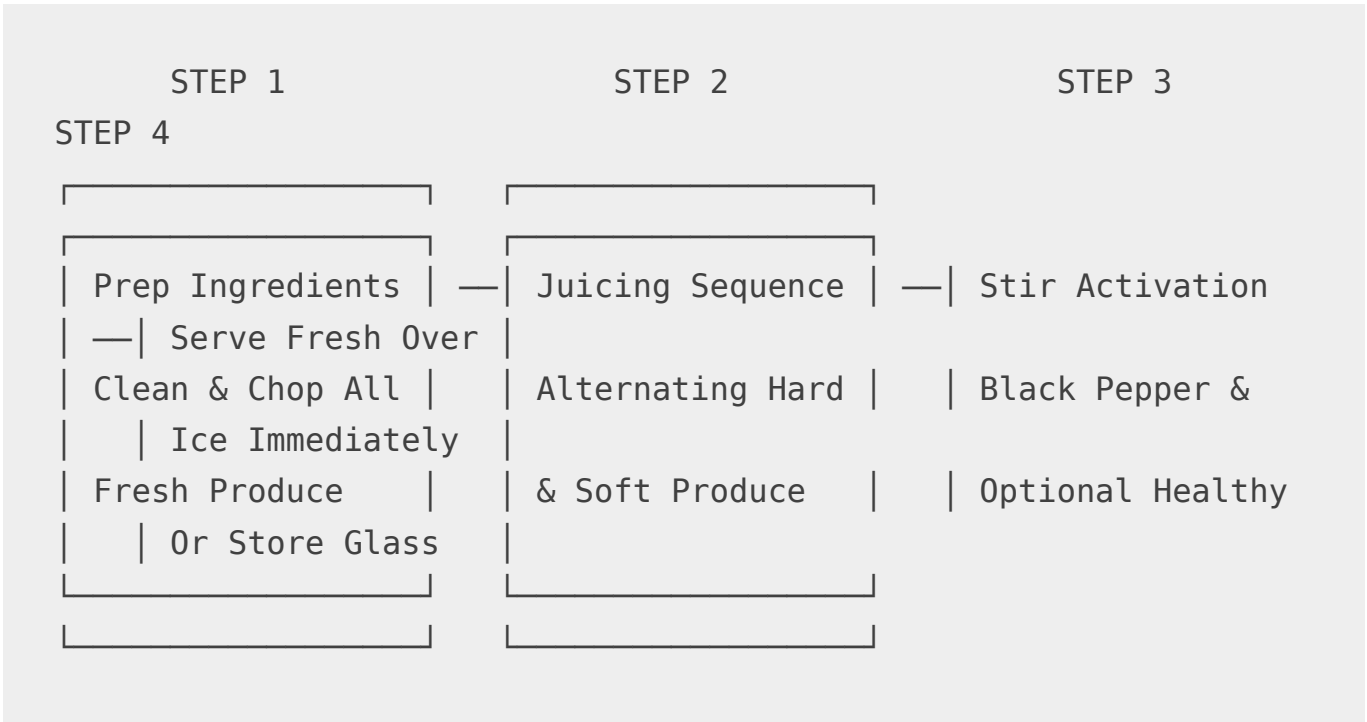
Flavor & Anti-Inflammatory Enhancers

- 1 medium Green Apple (Granny Smith works best; cored and quartered)
- 1 inch Fresh Ginger Root (scrubbed clean)
- 1 inch Fresh Turmeric Root (scrubbed clean)
- 1 whole Lemon (peeled if non-organic, or half peeled to balance tartness)
- 1/2 cup Fresh Parsley or Cilantro (packed)

The Activation Pinch (Crucial)

- 1 pinch Ground Black Pepper (stirred in at the end)

Step-by-Step Instructions



Step 1: Prep Your Produce

1. Thoroughly wash all leafy greens, herbs, celery, and cucumber under cold running water to remove dirt or pesticide residues.
2. Trim the ends of the celery and cucumber. Cut the cucumber and green apple into long strips that easily fit your juicer’s chute.

3. Slice ginger and turmeric roots into manageable pieces. *(Note: Turmeric can stain skin and wooden cutting boards yellow; consider wearing gloves).*

Step 2: The Juicing Sequence

1. Start your juicer.
2. Alternate soft and hard produce to extract maximum yield:
 - Begin with half the kale and spinach, followed by a piece of cucumber to push the greens through the mechanism.
 - Feed the fresh ginger, turmeric, and herbs (parsley/cilantro) into the chute next.
 - Follow immediately with the lemon and green apple quarters. The dense apple structure helps clear any fibrous ginger or turmeric stuck in the blades.
 - Finish juicing with the remaining celery stalks and cucumber strips to flush out all lingering juice from the machine.

(Blender Alternative: If using a blender, add 1/2 cup of chilled filtered water first. Add all ingredients and blend on high speed for 60 seconds until completely pulverized. Pour the mixture through a nut milk bag or fine mesh sieve into a glass bowl, squeezing tightly to extract all juice.)

Step 3: Activate & Blend

1. Pour the freshly extracted green juice into a glass pitcher or measuring cup.
2. Add a tiny pinch of ground black pepper directly into the juice and stir thoroughly.
(Piperine in black pepper increases the bioavailability of turmeric's active compound, curcumin, by up to 2,000%).
3. Optional: Add 1/2 teaspoon of extra virgin olive oil or cold-pressed coconut oil if consuming immediately, as healthy fats further enhance curcumin absorption.

Step 4: Serve or Store

1. Fill two tall glasses with ice cubes and pour the fresh green juice over top.
2. Garnish with a lemon wheel or a sprig of fresh mint. Enjoy immediately for peak enzymatic benefits!

Storage & Preservation

Fresh cold-pressed juice is best consumed within 15-20 minutes of extraction, as oxidation begins immediately when juice contacts air. However, if meal prepping:

- Refrigeration: Store in an airtight glass container (such as a Mason jar) filled all the way to the brim to minimize air headspace. Keep in the coldest part of the fridge for up to 24-48 hours.

- Freezing: Pour juice into silicone freezer trays or glass freezer-safe jars (leaving 1 inch of expansion space at the top). Freeze for up to 3 months. Thaw overnight in the refrigerator before drinking.

Ingredient Substitutions & Variations

- Greens Shift: Swap kale for Swiss chard, collard greens, or romaine lettuce for a milder flavor profile.
- Low-Sugar Modification: Omit the green apple entirely and double the celery or add half a lemon for an ultra-low carbohydrate green tonic.
- Spicy Boost: Add 1/4 teaspoon of cayenne pepper for a thermogenic metabolic kick alongside the ginger.

Detailed Nutritional Breakdown

The following values are estimated per serving (1 serving = 8-10 fl oz, yields 2 total servings).

Nutrient	Amount Per Serving	% Daily Value (DV)
Calories	85 kcal	—
Total Carbohydrates	19 g	7%
Dietary Fiber	2 g (<i>trace insoluble</i>)	7%
Sugars (Natural)	10 g	—
Protein	3 g	6%
Total Fat	0.5 g	1%
Saturated Fat	0.1 g	0%

Nutrient	Amount Per Serving	% Daily Value (DV)
Sodium	75 mg	3%
Potassium	520 mg	15%
Vitamin A	4,200 IU	84%
Vitamin C	68 mg	113%
Vitamin K	310 mcg	258%
Folate (Vitamin B9)	65 mcg	16%
Calcium	95 mg	10%
Iron	2.1 mg	12%
Magnesium	38 mg	9%