

# ALLERGY FIGHTING GREEN DETOX JUICE

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## Ingredients:

- 1 cucumber
- 1 cup pineapple
- 1 lemon
- 1 cup seedless grapes
- 1/2 cup parsley
- 1 apple
- 1 ming sprig (optional)

## Directions:

- Wash all the ingredients and dry.
- Cut cucumber, pineapple, lemon and apple.
- Put all the ingredients into the juicer
- Blend it properly and detox juice is ready.

