

NATURE'S FOOD PATCH Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703
www.naturesfoodpatch.com

Raw Foods Class 4/27- Juicing! Brad Myers

Juice #1

3/4 head Romaine
3-5 Carrots
5-7 stalks Celery
1 Apple
¼ -1" piece Ginger (Add more if you love ginger!)
5-7 Kale leaves
½ Cucumber

Juice #2

1 pint Strawberries
½ Pineapple
3 stalks Celery
Pinch Ginger
5 Kale leaves

Drink Slow and ENJOY!

