

INGREDIENTS

2 large potatoes
2 large carrots
6 leaves silverbeet or other greens (kale, spinach)
4 beetroot - leaves & top halves
2 cloves garlic
4 black peppercorns
4 sticks celery including leaves
1 bunch parsley

METHOD

Vegetables should be unpeeled and organic (we are trying to remove toxins, not add them).

Chop all roughly and cover with water. Bring to the boil and simmer for 30 mins. Strain - discard all vegetables.

Drink.

I keep mine in a jug in the fridge and heat up as required.
