

Green Zinger Alkaline Juice

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<http://www.GetOffYourAcid.com>

GREEN ZINGER ALKALINE JUICE



This is one of my favorite Alkaline Green Juices that tastes awesome with a kick!

Ingredients:

Serves 2, five minute prep time

- 2 whole Cucumbers
- 1 Lemon
- 2 inch piece of Ginger
- Big handful of String Beans (amazing how much juice they kick up)
- 2 Pears
- 1 to 2 tbsp Chia Seeds (add after juice is made)



Chia is comprised of 50% Omega 3 Fatty Acids, and is a very healthy fat that will slows down the metabolization of any sugars in the pears, avoiding any insulin spikes. When you add Chia Seeds to a green drink, at first they will float to the top.



My recommendation is to use a cappuccino whisker (see attached picture) to mix the Chia Seeds into the juice (mix for about 1 minute). Chia is VERY hydrophilic, which means once they absorb the juice, they will expand up to 12x their original size and soften up, and will evenly disperse throughout your juice.

