



Green Zinger

Sage

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Makes 2 cups (500ml)

¼ Small green cabbage, trimmed
6 Swiss chard leaves
½ Cup green grapes
1 Kiwi fruit, peeled
¼ Orange, peeled
2.5cm piece ginger



Makes 1 jug (2 Litres)

1 Small green cabbage, trimmed
24 Swiss chard leaves
2 Cups green grapes
4 Kiwi fruit, peeled
1 Orange, peeled
10cm piece ginger