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**THE NATURAL ENERGIZER**

This juice was adapted from *5lbs in 5 DAYS* by Jason Vale. I have adapted it by making 2 juice bases at once and using frozen pineapple and spinach in a blender to finish it. (makes 2 juice bases)

**Ingredients (base)**

* ½ a medium cucumber
* 1 small zucchini
* 1 small fennel bulb
* 1 package snap peas or beans (approximately 30 fresh)
* 1 lime, peeled

Juice all above ingredients and transfer and divide the juice into 2 (2 cup) glass jars. Seal and store in fridge for same day use or freeze.

When you are ready to serve transfer the base juice to a blender or NutriBullet and add (per serving):

* ½ cup frozen pineapple
* 1 large handful of spinach
* 3 ice cubes (made from filtered water) optional

Blend and serve immediately.