



# Vitamix Vegetable Juice

## INGREDIENTS

6 ozs. Tomatoes (about 2 small tomatoes)  
2.5 ozs. Carrots (about 1 medium)  
2.5 ozs. Spinach (about 1 1/2 cups)  
2.5 ozs. Celery (about 1 large stalk)  
1.5 ozs. Onion (about 1/4 medium)  
Sprig of Parsley  
3 cups Water  
Salt and Pepper to taste

## DIRECTIONS

- Place the ingredients in your Vitamix blender (or any high-speed blender) and blend on high for 2 to 3 minutes. Store in container that will be easy to shake. Chill at least 2 hours.
- Makes about 30 ounces of juice.