

# The Fog Cutter

\*From [juicerecipes.com](http://juicerecipes.com)

- Apple - 2 medium
- Red Cabbage -  $\frac{1}{4}$  head
- Carrots - 4 medium
- Ginger Root -  $\frac{1}{2}$  thumb
- Lemon - 1 fruit
- Spinach - 1 handful

