



Make Organic Avenue's Real LOVE* Green Juice at home

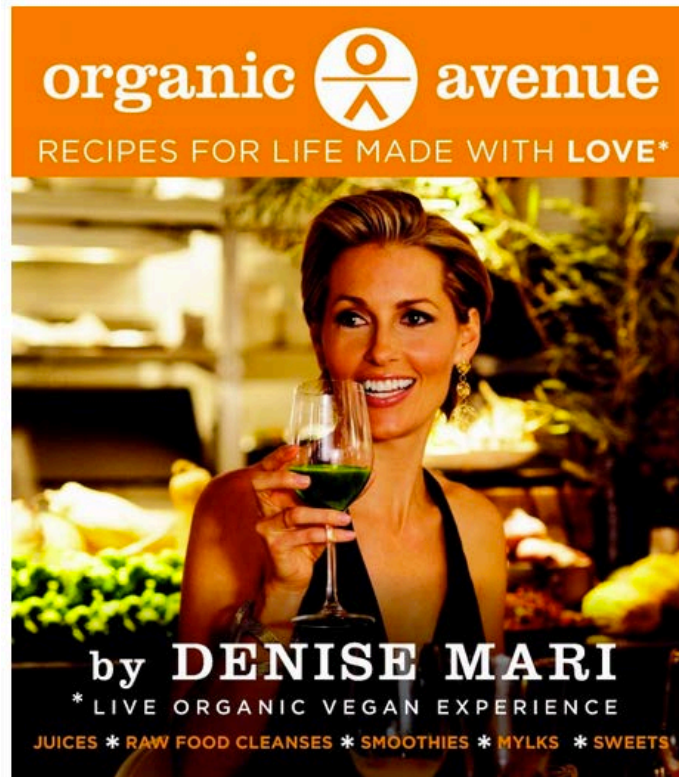


The Organic Avenue green juices you splurge on can now be made in the comfort of your own kitchen.

Denise Mari, who first started selling her juices out of a backpack on the Lower East Side in 2002, is releasing her recipes in a new book, “Organic Avenue: Recipes for Life, Made with LOVE*.”

It's a busy time for OA: The brand also just opened a flagship shop in Bryant Park that offers juice plus organic, vegan meals and snacks, like a spicy avocado soup and hot curried vegetable wrap. The company worked with SPE Certified (Sanitas Per Escam, which is Latin for “Health Through Food”) to make sure the bites lived up to their nutritional hype.

Order your items for take-out or to dine in. When you enter the space, you'll notice the living wall of plants, which purifies the air and reduces energy output. Talk about a green space!



“This was my first veggie juice love, from back in the early days when I was experimenting with going green,” Mari says. “Real LOVE* is surprisingly smooth: The dark leafy greens are balanced by hydrating cucumber, pear provides sweetness and body, and lemon adds a lightness and brings the flavors together.”

PS: LOVE* stands for “Live. Organic. Vegan. Experience.”

Ingredients

½ lemon, peeled
½ pear, stemmed and roughly chopped
½ cup roughly chopped cilantro leaves and stems
4 kale leaves, with stems
4 romaine lettuce leaves
1 Swiss chard leaf, including stem
3 celery stalks, with leaves
1 unpeeled cucumber, ends trimmed and roughly chopped
Makes about 14 ounces

Directions:

Run all the ingredients through a juicer. Pour into glasses and serve, over ice if you like, or pour into a container, cover and keep in the refrigerator until ready to serve

<http://www.metro.us/newyork/lifestyle/wellbeing/2014/04/27/make-organic-avenues-real-love-green-juice-home/>