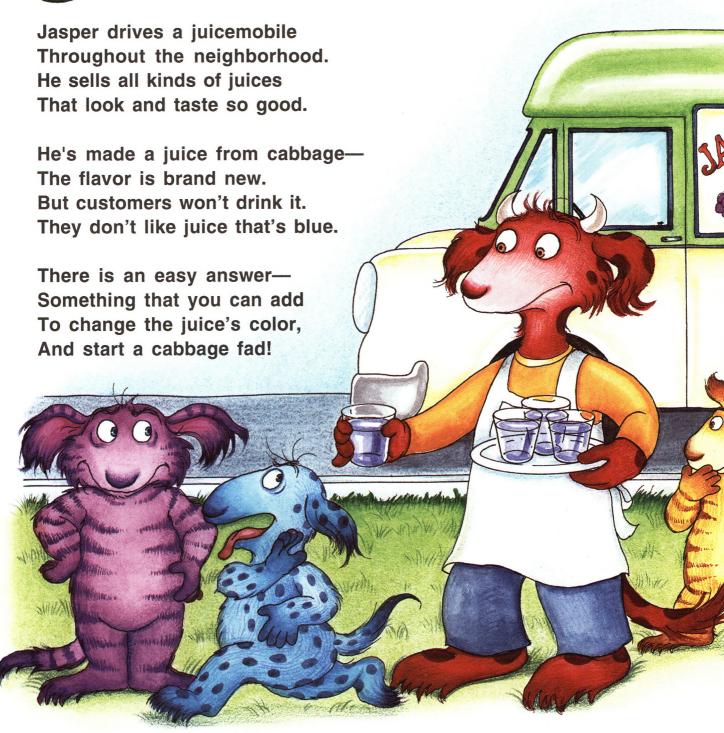


## is for juice.



## NEW JUICE USE

## What You'll Need:

- red cabbage leafwarm water (about 1/2 cup)
- · plastic zip-closing bag

- plastic cup
- vinegar
- teaspoon

1. Tear the cabbage leaf into small pieces and place in the plastic bag.



**2** Add the warm water and close the bag tightly.



3 • With your fingers, squish the cabbage leaves until the water turns blue. This is your cabbage juice.



Pour the cabbage juice back into the cup. Add a teaspoon of vinegar and mix well.



What happens to your cabbage juice?