



## Liquid Diet

The past year has seen an explosion of green juices. If you've bought into the craze, chances are you're experiencing the health benefits—but feeling the financial pinch. We take a look at these health drinks and compare the prices of nine locally made elixirs. —AMF

**OLIVE & FINCH**  
**\$7.50**  
10 oz

Apple, kale, grapes, celery, ginger, lemon, orange, spinach (mostly organic, made-to-order)

1552 E. 17th Ave.,  
303-832-8663,  
oliveandfincheatery.com

**SILV'S KITCHEN**  
**\$6.75**  
16 oz

Kale, parsley, celery, cucumber, lemon, ginger (mostly organic, made-to-order)

686 S. Colorado Blvd., 303-758-9061  
silvskitchen.com

**ACE EAT SERVE**  
**\$7**  
16 oz

Celery, pear, kale (organic, made-to-order)

501 E. 17th Ave.,  
303-800-7705,  
acedenver.com

**PROTEIN BAR**  
**\$6.99**  
16 oz

Celery, apple, kale, parsley, spinach (mostly organic, made-to-order)

1755 16th St.,  
303-893-0898,  
theproteinbar.com

**VIBRANT EARTH JUICES**  
**\$8**  
16 oz

Cucumber, apple, lemon, kale, dandelion, parsley, romaine, celery, flax seed oil (organic, bottled)

303-848-8494,  
vibrantearthjuices.com

**PRESSERY**  
**\$6.99**  
14 oz

Kale, pear, cucumber, spinach, romaine, lemon, parsley (organic, bottled)

pressery.com

**PRESSED JUICE DAILY**  
**\$8**  
16 oz

Kale, spinach, fennel, celery, cucumber, pear (organic, bottled)

Multiple locations,  
pressedjuicedaily.com

**BEST VALUE**

**PARSLEY**  
**\$5.15**  
16 oz

Parsley, spinach, celery, cucumber (organic, made-to-order)

303 W. 11th Ave.,  
303-893-7914,  
parsleyandbailey.com

**THE JUICING TREE**  
**\$11**  
16 oz

Celery, cucumber, ginger, Granny Smith apple, kale, lemon, spinach (organic, bottled)

1504 Ivanhoe St.,  
720-509-9055, and  
2025 W. 32nd Ave.,  
juicingtree.com

**ON THE WEB** Try food editor Amanda M. Faison's favorite at-home juice recipes at 5280.com/juicing.