

Green Coconut Ginger Juice

1 SERVING 5 MINUTES



INGREDIENTS

- 1/3 cup Organic Coconut Milk (from the can or carton)
- 2/3 cup Water
- 1/4 Lime (juiced)
- 1 cup Baby Spinach
- 2 tsps Ginger (grated)

DIRECTIONS

- 01 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 02 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.



Detox Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Kale Leaves
1 Cucumber (chopped)
1 Lemon (juiced)
2 Pear (peeled and chopped)
1 tbsp Ginger (grated)
1 tbsp Ground Flax Seed
1 1/2 cups Water
5 Ice Cubes

DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!



Green Blender Juice or Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 1/2 cups Pineapple (diced)
- 1 Cucumber (diced)
- 1 cup Parsley
- 4 cups Baby Spinach
- 1 tbsp Ginger (peeled)
- 1 Lemon (juiced)
- 10 Ice Cubes

DIRECTIONS

- 01 Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
- 02 Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

