

Super Green Juice

¼ medium Cucumber
½ cup Spinach
½ medium Apple (frozen)
1 cup coconut water (chilled)
½ squeezed Lime
2 tsps Bio-Strath
6-10 Mint leaves (optional)
Ice (optional)

Serves 2

Add all the ingredients into a blender with ice. Blend until smooth. Serve chilled.

