



GREEN SUPER JUICE

Prep time: 5 minutes **Serves:** 2

Ingredients

1 lebanese cucumber (130g),
chopped coarsely

2 celery sticks (300g), trimmed,
chopped coarsely

2 medium trimmed kale leaves (40g)

30g (1 ounce) baby spinach leaves

1 small ripe pear (180g),
quartered, cored

¼ lemon (35g), peeled

1 sprig fresh mint

⅔ cup (180ml) coconut water

⅔ cup ice cubes

1. Blend ingredients in a high-speed blender for 1 minute or until smooth. If necessary, stop the blender and push the ingredients down before blending again.

Did you know?

This juice is packed with 'superfood' leafy greens and provides a glass full of vitamins, minerals, powerful antioxidants, phytonutrients and dietary fibre, while being low-carb.