



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)

Nutrition

Amount per serving	
Calories	154
Fat	14g
Saturated	13g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	48mg
Potassium	318mg
Vitamin A	2819IU
Vitamin C	12mg
Calcium	51mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Folate	60µg
Vitamin B12	0µg
Magnesium	29mg
Zinc	0mg
Selenium	0µg

Directions

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

Notes

Make it Sweeter: Add maple syrup, honey or monk fruit sweetener.

Make it Thicker: Add avocado, greek yogurt or frozen cauliflower.