

Green Drink Reset

Prep time:

10 minutes

Cooking time:

0 minutes

Yields:

3 servings

Ingredients:

1 cup fresh spinach

1 green apple, core removed

1 frozen banana

1/2 cup water

1/2 cup coconut water

1/4 cup packed fresh parsley

1/4 avocado

1 teaspoon packed freshly grated ginger

juice from one lemon

Directions:

Add all ingredients into a blender and blend until super smooth.

Chef Mat Shalenko

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