

# 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 cup cucumber, rough chopped

1 cup water (or more for desired consistency)

1 cup ice

1/4 cup mint

1/4 cup fresh parsley

1 stalk celery, rough chopped

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

June Health and Wellness