

# Green Coconut Ginger Juice

1 SERVING 5 MINUTES



## INGREDIENTS

- 1/3 cup Canned Coconut Milk
- 2/3 cup Water
- 1/4 Lime (juiced)
- 1 cup Baby Spinach
- 2 tsps Ginger (grated)

## NUTRITION

### AMOUNT PER SERVING

Calories	154	Iron	1mg
Fat	14g	Vitamin D	0IU
Carbs	5g	Folate	60µg
Fiber	1g	Magnesium	29mg
Protein	2g	Zinc	0mg
Vitamin C	12mg		

## DIRECTIONS

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

## NOTES

### RECIPE ID 701

#### MAKE IT SWEETER

Add honey.

#### MAKE IT THICKER

Add avocado or homemade yogurt.