

# Healthy      Delicious      Green Smoothie

A green smoothie is a wonder and healthy choice to get your day started. You can enjoy it at lunch as a refreshing reminder to yourself, or in the evening right before you go to bed. All the ingredients are healthy. This recipe use natural and fresh ingredients such as spinach, pineapples, coconut water, cucumbers, mint leaves and honey that will help boost your immune system and taste buds.

Each ingredient not only has delicious flavoring, but they also promote different types of health-promoting properties. For example, coconut water is amazingly tasty and is a super food item filled with a lot of multivitamins, minerals, antioxidants, amino acids, and enzymes. It is low in fat and does not have more than a fifth of the sugar found in most fruit juices! It is also known for having the best type of fat that helps suppress food cravings. The pineapples help digest food by breaking down proteins with the help of the proteolytic enzyme; bromelain. It also has good anti-inflammatory properties, stops clotting, and reduces the risk of cancer. It is also known to have properties that help fight against arthritis, indigestion, and stomach worms.

Cucumbers are full of antioxidants and help reduce the risk of different types of cancers. Talk about your healthy vitamin K enriched foods! This is also a crisp reminder that healthy can taste good. In addition, the tender, crispy leaves of baby spinach, a plant that is well regarded for its wholesome nutritional composition, full of rich antioxidants and flavor! Where could you go wrong with this drink?



**Serves 2**

### **Ingredients**

- $\frac{1}{2}$  cup fresh baby spinach
- 1 cup of pineapples cut in cubes
- 1 cup of coconut water
- 2 large cucumbers, peeled and sliced
- $\frac{1}{2}$  cup crushed ice (optional)
- 4 mint leaves
- 1 kiwifruit
- 2 teaspoons honey

### **Preparation**

- Pour all the listed ingredients in a blender and pulse until smooth.

- Pour into serving glasses and enjoy.
- Best served chilled.