make ahead green juice

prep time:
5

featured product:
SUPERGREENS!

get in a super dose of vitamins and antioxidants with this tasty green juice. with fresh fruits and vegetables, and a healthy amount of coconut water, this recipe helps to hydrate both body and skin.

ingredients

2 servings

1 green apple, cored & quartered
2 carrot, large chunks
1 lemon, juiced
1?2 cup organicgirl **SUPERGREENS!**
16oz coconut water

directions

1. wash and pat dry your produce

2. add all ingredients to a high-powered blender like a nutribullet or vitamix 3. add coconut water

4. blend on high until completely emulsified

5. add more water if needed to reach your preferred juice consistency

6. optional to strain through a fine mesh strainer for a juice vs smoothie consistency

nutrition

calories per serving- 165
fat per serving- 1g
cholesterol per serving- 0mg?
sodium per serving- 106mg?
carbohydrates per serving- 43g?
total sugar per serving- 27g?
protein per serving- 3g