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Sheryl's Delicious, Nutritious Green Smoothie Recipe

1 cup coconut water - excellent for hydration, coconut water contains a high amount of water along with its electrolytes. It boosts your immune system and has anti-viral, anti-fungal and antibacterial properties.

1 cored apple - Due to the Vitamin C and other antioxidants apples may reduce the risk of cancer by preventing DNA damage. Also, the fiber controls cholesterol levels and helps reduce heart disease and promotes weight loss. Apples may even protect the brain from Alzheimers.



1 handful Leafy greens - (Lettuce, kale, chard, collards, spinach, etc.) - Greens soothe and calm the body, ease chronic back and muscle pain, decrease overall stress and strengthen the heart. Greens are great for purifying and detoxifying the blood and are a good source of calcium and magnesium.

Juice of ½ lemon or lime - lemons and limes contain unique flavonoid compounds that have antioxidant and anti-cancer properties, may prevent arthritis due to their high vitamin C content, and offer protection from colds and flu.

¼ t grated ginger - Ginger is great for digestion, and aids in the absorption of food and elimination of gas and bloating. It stimulates circulation so ginger is good for cold hands and feet.

½ t cinnamon - A great way to balance blood sugar, cinnamon has anti-fungal, anti-bacterial and anti-parasitic properties. It is also an excellent source of manganese, fiber, iron, and calcium.

Blend the above in blender and add ice, if desired. Drink immediately, so you don't lose any nutrients!

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Putting Your Health First Brings You to Life!