

CELERY-BRATE THE GREEN

By Maan and Farah

Preparation Time: 5 min



INGREDIENTS

Celery
Organic Cucumber
Mint
Ginger

Lime Juice
Organic Monk Fruit Sugar
Organic Matcha Powder
Sea Salt

METHOD

1. Combine all ingredients in blender's pitcher.
2. Add 400 ml cold water and half cup ice.
3. Blend until very smooth.
4. Enjoy the juice as is with all the fibers retained. As an option you can strain using fine colander, use a spoon to push out all & retain all liquids.
5. If desired add ice and enjoy.

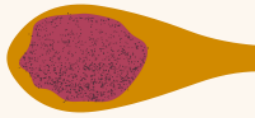
Health Benefits

- Together, this mix can lower blood pressure and help fight inflammation.
- It is packed with vitamins A, K and potassium and is a great way to keep yourself hydrated.
- The antioxidants and caffeine in Matcha may boost your brain performance and support your immune system.

This recipe was prepared in collaboration with



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GREEN GLADIATOR

By Maan and Farah

Preparation Time: 5 min



INGREDIENTS

Pineapple

Kale

Baby Spinach

Parsley

Lemon Juice

Honey

Spice Mix

Organic Spirulina Powder

METHOD

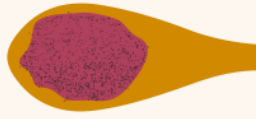
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5. If desired add ice and enjoy.

Health Benefits

- This heart healthy drink is loaded with powerful antioxidants, fiber, vitamins A, K, C, magnesium and potassium.
- The Spirulina is high in protein, B vitamins, calcium and is one of the best plant based sources of iron! Combined with lime juice, it provides an instant boost of energy to start your day.
- The Kale leaves along with the turmeric mix help supports healthy cholesterol and immune system.

This recipe was prepared in collaboration with





HIBISCUS ZING ACAI

By Maan and Farah

Preparation Time: 20-30 min



INGREDIENTS

Dry Hibiscus Leaves

Ginger

Honey

Organic Acai Powder

METHOD

1. Place hibiscus leaves in colander, rinse with tap water.
2. Place leaves in glass bowl, add 500 ml boiling water.
3. Add the ginger and stir, then cover & soak for at least 15 min, preferably 30.
4. Strain into electric mixer pitcher retaining all liquid, wash the leaves with additional 100 ml water and gently press to release all liquid.
5. Add honey and acai powder to the collected liquid and blend till smooth.
6. To enjoy warm, reheat gently.
7. To enjoy cold, refrigerate for an hour or so and add ice when serving.

Health Benefits

- Hibiscus is packed with antioxidants, helps lower blood pressure and support liver health.
- Ginger is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties. It is effective against nausea and helps in fighting infections.
- Together they promote healthy digestion.
- Acai also helps improve the body's antioxidant defenses, support heart health, and have anti-cancer properties.

This recipe was prepared in collaboration with

