



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

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

- 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



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