



Ginger Lemon Breeze

2 servings

5 minutes

Ingredients

1/2 Apple (cored)
1 cup Kale Leaves (chopped)
1/2 cup Frozen Pineapple (optional)
3/4 cup Water (or coconut water)
1/4 cup Lemon Juice (freshly squeezed)
1 Cucumber (medium)
1 tbsp Ginger
2 tsps Honey (optional)

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale: Use spinach instead.

More Fiber + Protein: Add chia seeds or ground flaxseed.