

GREEN FUSION

Recípe

INGREDIENTS:

- 1 1/2 cups Coconut Water
- 1/2 cup Moringa Leaves
- 1/2 cup Spinach Leaves
- 1/2 tbsp Flax Seed
- 2 tbsp Seamoss Gel
- 2 Apples
- 1 cup Strawberries



PREPARATION:

- Rinse the moringa and spinach leaves thoroughly.
- Wash apples and strawberries and chop into quarters.
- Add all ingredients together in a high speed blender until mixture is smooth.
- Pour in a glass and serve.