



Sparkling Green Juice

Prep Time: 5 minutes

Yield: 2 servings

Ingredients

12 ounces coconut water
½ whole lemon
1 inch piece of ginger, peeled
3 cups leafy greens
ice
sparkling water

Preparation

1. Add all ingredients, except sparkling water to a blender and blend until smooth.
2. Strain through a fine mesh strainer.
3. Serve with ice and sparkling water.

Recipe provided by Chef Teresa Hansen

www.chefhansen.com

Nutrition Facts

For a Serving Size of 6 ounces(126.46g)

Calories 48.4	Calories from Fat 2.3(4.7%)
	% Daily Value *
Total Fat 0.3g	-
Sodium 69mg	3%
Potassium 655.2mg	-
Carbohydrates 12.7g	-
Fiber 2.3g	10%
Net carbs 10.4g	
Sugar 7.8g	
Glucose 0.1g	
Fructose 0.1g	
Galactose 0.1g	
Protein 2.2g	
Vitamins and minerals	
Vitamin A 211.6µg RAE	24%
Vitamin B6 0.1mg	9%
Vitamin C 33.4mg	56%
Vitamin E 0.9mg	7%
Vitamin K 217.3µg	182%
Calcium 82.8mg	9%
Iron 1.4mg	18%
Magnesium 38.8mg	12%
Phosphorus 26.1mg	3%
Zinc 0.3mg	2%
Copper 0.1mg	7%
Manganese 0.4mg	21%
Thiamine 0.1mg	4%
Riboflavin 0.1mg	6%
Niacin 0.4mg	2%
Folate 87.3µg	22%
Choline 8.7mg	2%