

Ginger Lemon Green Juice

With NUUN Hydration



Prep Time

5 min

Cook Time

10 min

Total Time

15 min

Yield

4

Things you will need

- ✓ High powered blender
- ✓ Nut milk bag
- ✓ Large cup or pitcher
- ✓ Glass juice bottles or mason jar

Ingredients

- ✓ 4 medium granny smith apples
- ✓ 2 cucumbers
- ✓ 3 stalks of celery
- ✓ 10 oz fresh spinach leaves
- ✓ 4 tabs NUUN Vitamins - Ginger lemonade
- ✓ 3 cups water
- ✓ 1 lemon
- ✓ 1 thumb sized knob of ginger

Preparing the blended ingredients

1. Wash and dry all produce
2. Cut apples, cucumbers, and celery into blender sized chunks
3. Blend apples, cucumbers, celery, spinach, and ginger in blender on high with 1 cup of water.
4. *You may need to add ingredients a little at a time in order to fit it all in the blender.
5. Blend all ingredients until smoothie consistency. Adding additional water as needed.

Juicing the blended ingredients

6. Open nut milk bag and set inside large cup or pitcher with the edges draped around the rim.
7. Pour the green smoothie mix into the nut milk bag and strain. You will need to close the bag and squeeze tightly to release the juice from the pulp.
8. Remove the pulp from the bag and repeat as necessary until all of the pulp is juiced.

Adding Nuun

9. Dissolve 3 tabs of NUUN vitamins – Ginger lemonade in remaining water.
10. Combine dissolved Nuun mixture with juice and pour evenly into glass bottles or mason jars
11. Chill and enjoy with breakfast, post workout, or throughout the day for a refreshing and energizing drink!