



Cook

GREEN GODDESS JUICE

MAKES 2 GLASSES / PREPARE 10 MINS

Ingredients

- 2 Large handfuls baby spinach
 - 1 Large handful mint leaves
 - 1 Papaya
 - 1/2 Lemon
 - 1/2 Cucumber
 - 1/2tsp Spirulina
 - 250ml Brown rice milk
 - Handful Soaked cashew nuts (*)
 - Handful Ice-cubes
- (*) Ingredients for soaking
1 tsp sea salt & filtered water

Instructions

Before you go to bed, soak the cashews in a medium bowl filled with cold, filtered and a teaspoon of sea salt. In the morning rinse well, and they are ready to use in your smoothie!

Juice the lemon, unless you want it lemony in which case you can add the whole fruit – minus the pith and pips!

Wash the spinach and mint leaves and drain them although they don't need to be completely dry.

Wash and slice the cucumber, peel and de-seed the papaya.

Put all ingredients in a high-speed blender (liquid at the bottom to make blending easier) and process until you have a juicy consistency. Add more water or milk if too thick and more ice if you like it colder.

Serve immediately to preserve nutrients.



Nutrifacts



Spinach contains high amounts of **BETACAROTENE** a precursor to vitamin A, important to maintain good night vision and **lutein**, an antioxidant that research shows may help maintain eye health and protect against certain cancers, mainly prostate.

Spinach also contain **VITAMIN C**, **VITAMIN K** and **FOLIC ACID** as well as minerals such as **CALCIUM**, **MAGNESIUM** and **POTASSIUM**. Spinach is high in **NON-HAEM IRON** although it may not be absorbed easily because of the high oxalate levels found in these leaves.

Lemons are high in **VITAMIN C** and helps alkalize our systems which in turn aid toxin elimination.

Papayas are high in **VITAMIN C** as well antioxidants such as beta-carotene.

Papayas contain **PAPAIN** an enzyme that helps protein digestion.

Spirulina is a **GREEN-BLUE ALGA** very high in **ANTIOXIDANTS**, **PROTEIN** and **B VITAMINS** as well as **NON-HEAM IRON**.

Cucumber is high in **VITAMIN C** and **FIBRE** as well as **WATER** to keep us hydrated.