

SMOOTHIES

ALOE VERA SMOOTHIE



INGREDIENTS

¼ CUP ALOE VERA JUICE
½ CUP RAW HONEY
4 LIMES (to create 1/2 CUP OF JUICE)
GINGER (just a pinch!!!)
1 CUP FRESH WATERMELON
2 CUPS FRESH SPINACH

DIRECTIONS

Chop up fresh aloe vera plants to create 1/4 cup of juice
Add 1/4 cup of juice into a blender
Add ½ cup of raw honey into the blender
Squeeze fresh limes to create 1/2 cup of lime juice and add to mix
Add a pinch of ginger - not too much!
Add in 1 cup of fresh watermelon
Add 2 cups of fresh spinach!
Mix all ingredients together until reaching a smooth liquid
Sip and enjoy!