



BEET THE BLUES

Eat well • Live better

MOJITO DETOX JUICE

Serves 4

INGREDIENTS

35g	Fresh mint
400g	Spinach
35ml	Lime juice
40g	Pineapple puree
400ml	Coconut water

METHOD

1. Pick the fresh mint from the stalks.
2. Wash and dry the spinach leaves and place in the blender.
3. Add the lime juice, pineapple puree and coconut water and blend until smooth.
4. Check the consistency and ensure there are no pieces left.
5. Add the mint leaves only and blend until the mint is chopped through the juice.
6. Pour in to a slim glass and enjoy the mojito detox kick.

