



# Green *forest*



## *Ingredients*

**125 ml Florida Products Pineapple juice**

3 each Big Basil leaves

1 cup Spinach leaves

1/2 cup Celery branch with leaves

5 ml Lemon juice

1 Tbs Flax seeds

125 ml Coconut water

1/2 cup Ice cubes

## *Preparation*

Blend all ingredients at once and enjoy!

