



Green Lemonade

2 servings

10 minutes

Ingredients

3 1/2 cups Water
1 cup Baby Spinach
2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	14
Fat	0g
Carbs	4g
Fiber	0g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	21mg
Vitamin A	1409IU
Vitamin C	23mg
Calcium	59mg
Iron	0mg
Selenium	0µg

Directions

- 1 Combine all ingredients in a blender and blend until well incorporated. Enjoy!

Notes

Leftovers: Best enjoyed the same day. Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add cinnamon, cucumber, kiwi, chia seeds, honey, or maple syrup.