



Booster Green Smoothie*

Serving: 1

Veg

Ingredients

- **-Spinach : Handful or 5 to 6 leaves, washed and chopped.**
- **-Cucumber : 1 medium size cucumber, peeled and chopped (1 cup)**
- **-Coconut Milk : Dabur Homemade coconut milk (1 cup)**
- **-Stevia (any sweetener of your choice): 2-3 drops**
- **-Flax seeds (Alsi seeds) powder: 1tsp**
- **-Coconut oil: 1tsp Patanjali Coconut oil**
- **-Mint leaves: 1 tsp chopped**
- **-Ice cubes**

Preparation Method

- - In the mixer, add the spinach and toss them.
- -Add the coconut milk and blend some more.
- -Toss in the ice cubes.
- -Now add the stevia, coconut oil and the flax seeds powder.
- -Stop the blender let the ingredients settle down and then blend some more.
- -You have the option of adding the cucumber on top or blending it with the rest of the ingredients.
- - bits of cucumber, and keep it chopped.
- -You will see the spinach floating.
- -Garnish with mint leaves.