Mix 200 mL of concentrated orange juice

1 g (a pinch) of salt

1 L water

8 tsp sugar

1 Cup of Curly Kale

1.5 Cup of Frozen Strawberries

1 Young Coconut

2 Tablespoon of Hemp Seeds

1 Tablespoon of Maple Syrup or Coconut Nectar

Optional: 1/2 Cup of Cashews for Extra Protein, Iron, and Healthy Fat