

Pitta Pacifying Green Juice

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Prep: 5 Cook: 0 Rest: 0 Servings: 1

Ingredients

- ▸ Coconut water
- ▸ Celery
- ▸ Spirulina
- ▸ Cucumber
- ▸ Parsley
- ▸ Wheatgrass
- ▸ Kale
- ▸ Turmeric
- ▸ Lime juice

Instructions

1. Serve

Pour into a glass and enjoy calmly and contentedly.

2. Blend

Blend until smooth. Add more coconut water if needed to reach desired consistency.

3. Combine Ingredients

Add all ingredients to a blender.

Source: <https://youtu.be/kEs-VdZVogg?si=0dhz7n38walXoPuY>