

**TOTAL TIME**

5 minutes

PREP TIME

5 minutes

SERVES

1

COOKING LEVEL

Easy

RECIPE | CUCUMBERS

MEAN GREEN SMOOTHIE

INGREDIENTS

- 1 Pure Flavor® Long English cucumber, sliced
- 1 Banana
- 1" piece of fresh ginger, peeled and sliced
- ½ cup Coconut water
- Handful of ice

DIRECTIONS

1. Slice Long English cucumber and banana into small cubes, add to blender.
2. Peel and slice fresh ginger, add to blender.
3. Add coconut water and ice and blend until smooth.

** TIP - For an extra kick, add 1 tablespoon of apple cider vinegar to the mix*

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