

Seward Smoothie

Spinach-Apple Juice

This healthy spinach-apple juice is a green nutrient powerhouse loaded with calcium for bone health, and vitamins A and C for antioxidants.

Ingredients

1 ½ cups spinach

½ grapefruit, peeled, white pith removed

2 green apples, cut into eighths

1 1-inch piece peeled fresh ginger

2 large stalks celery

Ice (optional)



It is important to drink a healthy fruit juice as ensures your body is getting a variety of micronutrients that your body may normally not be getting.

1. Boosts Nutrient Intake

One glass of green juice can help you meet your daily recommended intake of essential nutrients.

2. Promotes Weight Loss

Green juice is a perfect addition to a weight loss diet because it is low in calories and high in fibre.

3. Detoxifies the Body

It helps to rid the body of harmful chemicals and toxins and can help improve liver function and enhance overall health.

4. Boosts Energy

Green juice contains large amounts of vitamins, minerals, and other nutrients.

5. Enhances Digestion

Green juice contains enzymes and other compounds that help breakdown food, enhancing the digestion process.