

Green Smoothie for Hair & Nails

Ingredients:

- 1 cup spinach
- ½ avocado
- 1 tablespoon pumpkin seeds
- ½ cucumber
- ½ green apple
- 1 cup coconut water

Instructions:

1. Blend all ingredients until creamy and smooth.
2. Enjoy 2–3x per week.

Benefits:

- **Pumpkin seeds:** Rich in zinc and biotin.
- **Avocado:** Provides healthy fats for shine and strength.
- **Spinach:** High in folate and iron for healthy hair growth.