

Green Power Recovery Juice

Prep Time: 5 minutes

Serving: 1

Ingredients:

- 1 cup spinach (rich in magnesium & iron)
- 1 cup cucumber (hydration & electrolyte balance)
- 2 stalks celery (natural sodium & potassium)
- ½ green apple (vitamin C & natural sweetness)
- ½ lemon, peeled (vitamin C for immunity & collagen)
- 1-inch fresh ginger (anti-inflammatory, boosts circulation)

- ½ cup fresh parsley (vitamin K, C, and iron)
 - 1 tbsp pumpkin seeds (zinc for wound healing, magnesium for cramps)
 - 1 cup coconut water (natural electrolytes)
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Instructions:

1. Wash all vegetables thoroughly.
 2. Juice the spinach, cucumber, celery, apple, lemon, ginger, and parsley in a juicer.
 3. Blend the juice with pumpkin seeds and coconut water until smooth.
 4. Strain if desired. Drink immediately for best nutrient absorption.
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Benefits:

- **Muscle Weakness & Fatigue:** Spinach, pumpkin seeds, and coconut water provide magnesium and potassium to aid muscle function and reduce fatigue.
- **Slow Wound Healing:** Lemon, green apple, and parsley boost vitamin C and zinc, crucial for collagen production and tissue repair.
- **Muscle Cramps:** Celery and coconut water replenish electrolytes lost through sweat.
- **Weak Immune System:** Ginger and parsley offer powerful antioxidants and immune-stimulating compounds like vitamin C, iron, and flavonoids