

Skin Radiance Green Juice

Ingredients:

- 1 cucumber
- 1 green apple
- 1 kiwi (peeled)
- ½ lemon (peeled)
- 1-inch fresh ginger
- 1 cup coconut water

Instructions:

1. Wash and chop all ingredients.
2. Add everything to a juicer or high-speed blender.

3.If using a blender, strain the juice through a fine mesh or nut milk bag.

4.Serve immediately.

Benefits:

Rich in vitamin C, silica, and antioxidants.
Supports collagen production, reduces puffiness,
and deeply hydrates the skin.