

Green Juice for Muscle Cramps

Prep Time: 5 minutes

Serving: 1

Ingredients:

- 1 cup spinach (magnesium)
- 1 banana (blended after juicing – potassium & carbs)
- ½ cucumber
- 1 celery stalk
- 1 tbsp hemp seeds (magnesium + protein)
- Juice of ½ lime
- 1 cup coconut water

Instructions:

1. Juice spinach, cucumber, celery, and lime.
2. Blend the juice with banana and hemp seeds.
3. Serve chilled.

Benefits:

- Replenishes magnesium, potassium, sodium — key minerals lost during exercise
- Helps reduce involuntary muscle contractions
- Coconut water restores electrolytes naturally

- Banana and hemp deliver both carbs and plant protein