

Hydrating CUCUMBER SMOOTHIE

Kick your generic smoothie recipe to the curb and mix in a fresh, delicious, hydrating smoothie that you and your figure will love.



Nutrition Facts	
Serving Size (365g) Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 3g	
Vitamin A 110%	Vitamin C 180%
Calcium 8%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 5 Minutes
Cook time: N/A
Serves: 4 People

INGREDIENTS:

- 1 Long English Cucumber
- 2 cups pineapple
- 2 cups kale
- 1 tsp. peeled & grated fresh ginger
- 2 cups freshly squeezed orange juice
- 1 cup ice

DIRECTIONS:

- Dice pineapple, cucumber & kale.
- Place all ingredients in a blender and blend on high until well blended.
- Pour smoothie into your favorite cup.
- Garnish with a cucumber slice & lemon.

CHEF'S TIP:

For additional health benefits, add aloe vera juice! Or how about adding some chia seeds for a little extra flavor.

