

# GREEN HYDRATION ELIXIR

## Ingredients:

- 2 cups watermelon juice (freshly juiced from about 1/4 of a medium watermelon)
- 1 cup cucumber juice (freshly juiced from 2 medium cucumbers)
- 1 handful fresh spinach leaves (about 1 cup, tightly packed)
- Juice of 1 lime (optional for added zest)
- Mint leaves (optional for garnish)
- Ice cubes (optional for serving)



## Instructions:

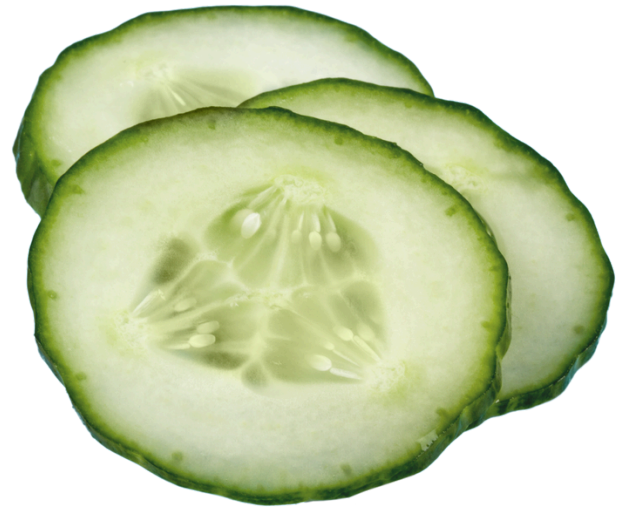
*1. Prepare the juices: Using a juicer or blender, juice the watermelon and cucumber. If using a blender, blend the fruits with a little water, then strain through a fine mesh or cheesecloth to separate the juice from the pulp.*



*2. Blend with spinach:* Add the fresh spinach leaves into a blender. Pour in the watermelon and cucumber juices, and blend until the spinach is completely incorporated, creating a smooth, vibrant green drink.

*3. Add lime juice (optional):*

*For a refreshing twist, add the juice of one lime and blend briefly to mix.*



*4. Serve:* Pour the Green Hydration Elixir into a glass over ice if desired. Garnish with fresh mint leaves for an extra refreshing touch.



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