



Creative Juices
Consulting

24 Hours of Booty 2014

Mean Lean Green

1 large handful organic spinach
4 pitted dried dates
½ large cucumber
1 orange, peeled with pith remaining
1 fresh mango, peeled
1 fresh Asian yard long bean or 6 regular fresh green beans
1 inch fresh ginger
12 ounce coconut water
1 Tbsp honey (optional)
ice

Place all ingredients in VitaMix® and blend until smooth. This recipe was developed during 24 Hours of Booty by dear friend Michelle Wood....Thanks Michelle!!