

# · RECIPE · Festive Green punch

## INGREDIENTS

Serves 6

- 4 green apples
- 4 kiwifruit
- A few sprigs of fresh mint
- 500ml young coconut water, chilled
- 2 limes, sliced

## METHOD

1. Peel the kiwifruits and apples and roughly chop up.
2. Put the apples, kiwifruit and some of the mint leaves (reserve some leaves for the garnish) through a juicer.
3. Pour juice mix into a large jug for serving.
4. Top with chilled coconut water and garnish with remaining mint and lime slices.

The kiwifruit and apple are great for digestive health. For an extra zing add some lemon or strawberries



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