THE LIGHTER PLATE METHOD

Kale & Melon Green Juice

Sweet melon and lime carry the kale, so this tastes far more like a treat than a green juice usually does.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1 leaf kale (stem removed)
- 1 spoonful flat-leaf parsley
- 1 slice melon
- 2 limes (juiced)
- water or coconut water (to loosen)

Method

1. Blend all the ingredients together.
2. Drink cold.

Tips & swaps

- Remove the toughest part of the kale stem before blending for a smoother texture.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
55	**1g**	**13g**	**0g**	**2g**

Estimated values, for guidance only.