

Coconut Nopal Hydration Smoothie

Ingredients:

- 8 oz. pure coconut juice
- 1 cactus (nopal) paddle
- 1/2 cucumber (peel if not organic)
- Juice of 1 lemon or lime

Instructions:

1. Prepare Ingredients:

- If using a fresh nopal paddle, wash it thoroughly and remove any spines. If frozen, ensure it is partially thawed for easier blending.
- Wash the cucumber, and if it's not organic, peel it to remove any pesticide residues. Chop it into smaller pieces.
- Juice the lemon or lime, removing any seeds.

2. Blend:

- Add the pure coconut juice, nopal paddle, cucumber, and lemon or lime juice into a blender.
- Blend on high until the mixture is smooth and all ingredients are fully incorporated.

3. Serve:

- Pour the smoothie into a glass and enjoy immediately for a refreshing and hydrating drink.