

Tropical Green Juice

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-sky-juice-recipe>

Ingredients:

- 1/2 cup pineapple juice
- 1/3 medium pineapple
- 1/2 cup juice
- 8 ounces fresh spinach
- 1/2 cup mango juice
- 1 large mango
- 2 tablespoons fresh lime juice from 1 to 2 limes, peeled

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 65 grams
3. Fiber: 6 grams
4. Protein: 7 grams
5. Sodium: 95 milligrams
6. Sugar: 48 grams

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