



Coco-Aloe Detox

The Coco-Aloe Detox is a refreshing, and delicious hydrating beverage that also serves as a convenient detox. Made with a base of alkaline water, coconut water, lightly sweetened aloe vera juice, fresh squeezed lemon juice, lime juice and orange juice, and packed with herbs such as mint, basil & cilantro. The grated ginger adds a little spice and heat to the otherwise cool flavor profile and a puree of skinless cucumbers. This beverage is a welcomed addition to the Signature Select Recipes® series and a customer favorite! AJÖY!

CHEF CRAIG'S COCO-ALOE DETOX

TOTAL TIME: 30 Minutes *24 Servings

Approx. Per Person Cost: \$3.00

INGREDIENTS

- | | |
|----------------------------|----------------------------|
| 2 Gallons Alkaline Water | 1 Bunch Fresh Cilantro |
| 1.5 Liters Aloe Vera Juice | 1 Cup Fresh Mint Leaves |
| 1 Liter Coconut Water | 1 Cup Fresh Basil Leaves |
| 4 Limes | 1 Medium Whole Ginger Root |
| 4 Lemons | (peeled & washed) |
| 2 California Oranges | 2 Cucumbers w. Seeds |

DIRECTIONS

- 1. Wash & Rinse** All fresh produce and drain herbs on large paper towel. Use a huge 3 – 5 gallon bowl to mix your detox. Pour in 2 gallons of Alkaline Water. The 1.5 Liters of Aloe Vera Juice and ½ of the coconut water. Take a medium size peeled piece of fresh ginger, 2 cucumbers, the cilantro, the basil & the mint and place in nutri-bullet or blender. Blend to nice puree. Pour mixture into bowl with remaining beverage. In microwave, heat 4 lemons for 2 minutes. Remove from microwave, slice in half and squeeze both halves of lemon into the bowl. Repeat the same steps for the limes and oranges.
- 2. Add** fresh blueberries and medium size whole pieces of fresh basil leaves, mint leaves and cilantro leaves. Serve chilled or over ice.
- 3. Serve** chilled or over ice.

To add an additional component to the detoxing effect, you can add cayenne red pepper and apple cider vinegar to the recipe.

CALORIES: 185 per serving

Chef Craig

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