Grape Delight Smoothie

Ingredients:

2 cups green grapes

½ cup baby spinach

½ fresh lemon, or lesser amount of lemon juice

½ cup plain low-fat yogurt

1 ½ cups coconut water, chilled

1 tsp fresh ginger, grated

Directions:

Freeze washed green grapes overnight.

Place all ingredients in a blender, then blend until smooth and creamy.

Add more coconut water for desired consistency.

Serve immediately.

The delight and nutritional benefit of green grapes:



One way to control high blood pressure is to eat foods that are rich in potassium. Potassium binds to the sodium in your bloodstream, helping to flush it out of your system. Green grapes are packed with potassium and fiber, which can help lower high blood pressure by regulating your cardiovascular system.