

Detox Green Smoothie Recipe

1 Stick Celery or ½ Lebanese Cucumber (6 Calories)

½ - 1 Lemon Peeled (8 Calories)

½ Medium Apple or ½ Cup Berries (35 Calories)

2 Sticks Kale or ½ Cup Spinach Leaves (15 Calories)

2 Teaspoons Parsley or Mint Leaves (Nil Calories)

Water and Ice

1 Tsp Super Detox Powder

Blend for 1-2 Minutes and drink within 24 hours

Shari's Green Smoothie Recipe

Rule #1 Only 1/3 Fruit and 2/3 Vegetables

1 Frozen Banana OR ½ Banana & Handful Blueberries or Strawberries

1 Cup Kale (torn up)

1 Cup Baby Spinach

1 Stick Celery (Optional)

1 Scoop detox powder/supergreens (Optional)

Magnesium Powder and Probiotics (Optional)

2 TBSP Coconut Oil

1 TBSP Chia Seeds (Optional)

¼ Avocado (Optional)

Almond Milk/Coconut Water/Almond & Coconut Blend