

# Refresh & Rejuvenate with Our Green Detox Smoothie!



Are you ready to kickstart your journey to a healthier you?

Try a **Green Detox Smoothie**—a delicious blend of nutrient-packed ingredients designed to cleanse and revitalize your body from the inside out!

## INGREDIENTS:

- 1 cup fresh spinach
- ½ cup cucumber, chopped
- ½ green apple, cored and chopped
- ½ ripe banana
- ¼ cup fresh parsley or cilantro
- Juice of ½ lemon
- ½ inch piece of fresh ginger, peeled
- 1 tablespoon chia seeds or flaxseeds
- 1 cup coconut water or filtered water
- Ice cubes (optional)



## INSTRUCTIONS:

**Prepare Ingredients:** Wash all the fruits and vegetables thoroughly. Core the apple and chop it into chunks. Peel and chop the cucumber. Peel the banana. Rinse spinach.

**Blend:** In a blender, combine the spinach (or kale), cucumber, apple, banana, parsley or cilantro, lemon juice, ginger, chia seeds or flaxseeds, and coconut water or filtered water. If desired, add a few ice cubes for a colder smoothie.

**Blend Until Smooth:** Blend all the ingredients until smooth and creamy. If the consistency is too thick, you can add more water to reach your desired consistency.

**Serve:** Pour the green detox smoothie into glasses and enjoy immediately for maximum freshness and nutritional benefits.

## Why Choose Our Green Detox Smoothie?

**Detoxify:** Flush out toxins and impurities from your body with the cleansing power of fresh greens and herbs.

**Nourish:** Fuel your body with vitamins, minerals, and antioxidants to support overall health and well-being.

**Refresh:** Feel revitalized and energized with every sip of our invigorating green smoothie blend.