

Detox Smoothie

This recipe is from Medical Medium, with a few tweaks by me ☺ I pour this smoothie over a fruit salad have it every day for my breakfast. I do rotate my ingredients so that I don't have the same smoothie every day. Ingredients that don't have a replacement, I leave out weekly so I don't have them every day. And on Sundays I skip the smoothie all together.

Ingredients:

Handful of raisins, plums, figs, or dates
½ cup water
½ inch fresh ginger peeled
½ cup cilantro
1 cup spinach, chard, kale, or beat greens
1 orange peeled
½ teaspoon barley grass juice powder
½ teaspoon spirulina, Hawaiian
½ teaspoon Atlantic dulce, granulated flakes
1 cup frozen wild blueberries
1 cup frozen fruit of choice
1 ripe banana

Directions:

1. Place first 11 ingredients in a blender in order of ingredient list and process on high speed until smooth. Add a little water if needed to help blend. Add last ingredient, banana, blend again.