

Detox Smoothie



What you need :

- 1 cup fresh spinach or kale (packed with fiber & antioxidants)
- ½ cup cucumber (hydrating & detoxifying)
- ½ green apple (adds natural sweetness & fiber)
- Juice of ½ lemon (alkalizing & supports digestion)
- ½ inch fresh ginger (anti-inflammatory & aids digestion)
- 1 tablespoon chia seeds or flaxseeds (fiber & omega-3s)
- 1 cup coconut water or almond milk (hydration & electrolytes)
- Handful of ice (optional, for a refreshing chill)

How to make:

- 1, Add all ingredients to a blender.
- 2, Blend until smooth and creamy.
- 3, Pour into a glass and enjoy!

Optional Boosters:

½ banana – for extra creaminess and natural sweetness

1 tsp spirulina or chlorella – for an extra detoxifying boost

½ avocado – for healthy fats and a richer texture

Protein powder – if you're drinking it as a meal replacement

