



Flourish Families

Spring Detox Green Smoothie Tip Sheet

Spring Detox Green Smoothie- adapted from [Joyful Belly](#)

- 1 Apple
- 1 Lemon
- 1 large handful of Kale leaves (or other bitter green such as arugula, swiss chard or sprouts)
- 1" Fresh Ginger (¼ tsp dried)
- 1 cup Coconut Water

Blend well - serves one.



Make Your Own Spring De-tox Smoothie Combo

Keep your smoothie to a max of 6 ingredients.

Fewer ingredients make it easier for your body to process which leaves excess energy for burning away fats and toxins PLUS gives us a boost for everything else we want to do.

Astringent Fruits Choose 1 - 2	Bitter / Astringent or Pungent Vegetables Choose 1 - 2	Spices or Essential Oils Choose 1	Sweeteners Optional
Apples Apricots Berries Cherries Cranberries Figs Grapes Lemons Limes Mango Peaches Persimmon Pomegranate Prunes Raisins Strawberries	Arugula Asparagus Beet Greens Beets Bell Peppers Cabbage Carrots Celery Leafy Greens Peas Spinach Sprouts Swiss Chard Tomatoes	Anise Basil Black Pepper Cayenne Cilantro Cinnamon Cloves Coriander Fennel Ginger Mint Parsley Turmeric Vanilla Wintergreen	Honey Stevia Maple Syrup Apple Juice Pear Juice Other Fruit Juice
			Liquid 1 -1 ½ cups
			Coconut Water Water Nut or Dairy Milks* *not as favourable in a de-tox smoothie

Blend well. Enjoy. [Share your favourite combo.](#)