



# *Liver Detox Smoothie*

I like this smoothie because it contains a lot of fiber, which means that gives you a "two-fer" - you get a liver and a digestion detox in one. However, if you have trouble digesting fiber (excessive bloating and/or gas), try the juice instead. This makes a whole Vitamix blender worth of smoothie (64-ounces). You can store for up to 2 days. I recommend trying to drink 2 x 16 ounces smoothies a day: one for breakfast, and one in the afternoon. You can either enjoy it as a meal replacement, or alongside a light breakfast of fruit or oatmeal. Try this for one week.

## **The Ingredients**

- 1 large raw beet, peeled and cut into cubes
- 1 whole organic lemon, peeled and de-seeded
- 2 large carrots, washed and chopped
- 2 organic apples, de-seeded (but keep skin on)
- 1.5 cups purple cabbage, chopped
- 1 cup dandelion greens (optional, but great if you can find them)
- 3 cups dark, leafy greens
- 4 tbsp flax seed (ground or whole seeds are fine)
- Filtered water or coconut water

## **The Directions**

Place all the ingredients in the blender. Fill up blender  $\frac{3}{4}$  full with your liquid of choice (filtered water or coconut water).