

Detox Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

2 cups Kale Leaves
1/2 Cucumber (chopped)
1/2 Lemon (juiced)
1 Pear (peeled and chopped)
1 1/2 tsps Ginger (grated)
1 1/2 tsps Ground Flax Seed
3/4 cup Water
2 1/2 Ice Cubes
1 tbsp Coconut Butter
1/4 cup Vanilla Protein Powder
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	521	Potassium	825mg
Fat	22g	Vitamin A	13206...
Carbs	55g	Vitamin C	39mg
Fiber	15g	Calcium	352mg
Sugar	22g	Iron	6mg
Protein	33g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	225mg
Sodium	163mg	Zinc	4mg

DIRECTIONS

- 01 Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!

NOTES

NO KALE

Use spinach.

NO PEAR

Use apples.

METABOLISM BOOST

Add 1/4 tsp cayenne pepper.

MAKE IT SWEETER

Add 1/2 cup frozen pineapple or mango.

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.