



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
Green Detox Smoothie – 2 servings, ~8 ounces each

Ingredients

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| 1 Cup Spinach | 2 Green Apples, Cored |
| 1 Cup Kale | 2 Cups Filtered Water |
| 1 Cucumber, Peeled | 1 Tablespoon MCT Oil |
| ½ or 1 Lemon, Peeled and Chopped, To Taste | 1 Tablespoon Coconut Oil |
| 1 Inch Piece Fresh Ginger | 1/2 Ripe Avocado, No Pit or Skin |
| 1 Handful Mint Leaves | Ice as desired |

Blend the Spinach, Kale, Cucumber, Lemon, Ginger, Mint, Apple, and Water in a blender. Add the avocado and oils and ice and blend to desired consistency. This is a very potent mix. If it is too strong, add a bit more apple or cucumber. I love to blend it with ice, cinnamon, and clean vanilla protein.

Variation: You can replace the water with 2 cups of homemade almond milk. You can make almond milk by adding about 12 raw almonds that have soaked in water overnight to one cup of water and then mixing in a blender until smooth.

Angela Burge
MEDICINE WOMAN

Food Energy Plant
aburge@angelaburge.com
www.angelaburge.com
209-404-5130