



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Green Detox Smoothie

1 Cup Spinach

1 Cup Kale

1 Cucumber, Peeled

½ or 1 Lemon, Peeled and
Chopped, To Taste

1 Inch Piece Fresh Ginger

1 Handful Mint Leaves

2 Green Apples, Cored

2 Cups Filtered Water

1 Tablespoon MCT Oil

1 Tablespoon Coconut Oil

1/2 Ripe Avocado, No Pit or Skin

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.

Serves 2, ~8 ounces

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