

## Just Greens Detox Smoothie

The cilantro is great for detoxing the liver, especially for removing heavy metals from your body. If you need the extra protein put in the protein powder, if not there is plenty of protein in the rest of the ingredients.

1-2 servings

1/2 granny smith organic apple, washed, cored but with skin if organic

2 stalks organic celery, chopped

1 cup chopped organic romaine lettuce

1/2 cucumber with skin if organic, peel if not organic

1/2 of a medium Haas avocado

Handful of cilantro

1 Tb ground flax seed

1 Tb protein powder (optional- hemp or sun warrior)

1 Tb kelp granules

1 cup filtered water

Juice of 1 lemon

Pinch of stevia (optional)

- Chop vegetables into 1 inch pieces for easy blending.
- Add all ingredients into blender except water.
- Fill blender with approximately 1 cups filtered water (more or less water depending on how thick you desire your shake).
- Puree till smooth or desired consistency
- Taste and a little stevia if you want it to be sweeter

If you take this to work with you, put in a sealed container, it will stay in the refrigerator for a few hours. It is surprisingly delicious, creamy and a little tart.