

Pink Power Strawberry Smoothie

I like this smoothie because it is bright pink. All the ingredients make this a mighty powerful way to start the day.

Beet - cleanse the liver, purifies the blood, anti-inflammatory, source of iron

Avocado – helps lower blood pressure, lubricates joints, anti-inflammatory, loads of healthy fats, high in fiber and protein

Strawberries – high in antioxidants, rich source of vitamin C, benefits digestion

Celery – acts as mild diuretic, promotes feeling of fullness, rich in B vitamins and fiber

Lemon – antibacterial properties, aids digestion, high in Vitamin C, detoxifies and alkalizes, mild diuretic

Virgin Coconut oil – fights viruses, fungi, and bacteria, metabolism booster, healthy MCT fats, increases good HDL cholesterol

2 servings

1 cup water or coconut water

¼ medium avocado, pitted

2 celery stalks, roughly chopped

4 romaine leaves, chopped

1 cup organic strawberries (frozen preferred), hulled if necessary

1/2 small organic beet, trimmed peeled and roughly chopped

1/2 lemon, juiced

2 Tb ground flax

4 drops stevia, if you like additional sweetness

- Add all ingredients into a high-speed blender and blend on high until smooth.
- Adjust sweetness if desired.