

## Spicy Liver Cleansing Green Smoothie

The spiciness in this smoothie comes from the garlic. Garlic contains numerous sulfur-containing compounds that activate the liver enzymes responsible for flushing out toxins from the body. Garlic also contains allicin and selenium, two powerful nutrients proven to help protect the liver from toxic damage, and aid it in the detoxification process.

2 servings

2 cups romaine lettuce  
1 cup tomato (about 1 tomato)  
1 cup filtered water  
1 cup chopped carrot (about 1 carrot)  
1 whole cucumber  
1 avocado  
1 whole lime peeled  
1-2 garlic cloves (to taste)  
¼ tsp Celtic sea salt  
pinch of cayenne pepper  
1 scoop protein powder (optional)  
ice cubes (optional if you like things cold)

- Put all of the ingredients in your blender and puree until smooth and creamy.
- Adjust salt quantities to taste.