

Grapefruit Cilantro Smoothie

When you combine citrus fruit and cilantro they synergistically work together to alkalize the body and detoxify the liver. The coconut water provides a great source of natural electrolytes which blends with the hemp nut seeds and coconut oil for a great flavor. The hemp seeds provide fiber and protein. This recipe provides plenty of vitamin C, which boosts the immune system and builds essential collagen for beautiful skin. It is best to use organic ingredients to prevent any stress on your liver.

2 servings

1 large grapefruit peeled membranes removed
1 green apple or pear
2 cups romaine lettuce
½ cup cilantro
1 lime, hand-juiced
1 cup coconut water
¼ cup hemp seeds
8 drops of vanilla stevia
1 Tb coconut oil

- Place grapefruit, pears, romaine lettuce, cilantro, lime juice, vanilla stevia and coconut water in the blender.
- Blend thoroughly.
- Add the coconut oil and blend until smooth.
- Pour, serve and enjoy

Nutrition Information

Grapefruit is rich in natural vitamin C and antioxidants, two powerful liver cleansers. Grapefruit contains compounds that boost the production of liver detoxification enzymes. It also contains a flavonoid compound known as naringenin that causes the liver to burn fat rather than store it