

Detoxifying Green Tea Smoothie



Ingredients:

2 c. kale and chard mix

3/4 c. fresh pineapple chunks

1/2 orange

2/3 c. unsweetened green tea

1/2 avocado

1/3 c. water

5 ice cubes

Directions:

Place all ingredients in a blender and blend until smooth. Pour into individual glasses and enjoy!

This recipe is the perfect breakfast accompaniment and will help you feel light and free of bloat in no time! It also makes a great snack!

Nutrition Facts (per serving): 121 Calories, 6g Fat, 1g Saturated Fat, 18g Carbohydrate, Protein 3g, 4g Fiber, 56mg Sodium, 0mg Cholesterol

Although your body is equipped to detox and cleanse itself on its own, naturally, certain health-promoting foods and drinks, assist it in its process. This lil' number contains anti-inflammatory phytonutrients and ingredients that help the body in its natural detoxification process. Check out how this smoothie detoxifies below:

Here's Why It Detoxifies:

o **this Slimming Smoothie acts like a "flusher" — rich in water and helps you to rinse out bloating sodium from your body "de-puffing" you and making you feel lighter. The potassium from the veggies will also fight bloat as it helps to restore normal hydration status.**

o **the veggie and fruits' vitamin C in this smoothie will make your skin glow by promoting collagen formation. Plus, it will hydrate your skin (i.e., you'll look nourished, rejuvenated and fresh).**

Indulged in alcohol, been around cigarette smoke, or eaten a bit too much processed food?

More reasons why this Detox Smoothie works:

o **the cruciferous veggies like kale and chard help the liver to flush out harmful toxins.**

Sulforaphane, a phytochemical (and others) in cruciferous veggies get the enzymes activated that detoxify before damage to cells is done.

o **Hello Green tea and Veggies, See ya later toxins! Green tea, veggies and fruits all contain powerful phytonutrients to stave off damage from invading particles.**

o **Glutathione, a protein in veggies clings to toxins and drags them out of our body.**

The Orange and Pineapple

- **Give you a shot of vitamin C and act as immune boosters to help strengthen your body after any havoc it's just been through.**
- **Help to neutralize free radicals before they can do any further damage and prevent inflammation so that the body can stay calm.**