



Mary's Detox Smoothie

5 large organic* leaves kale, collards, romaine lettuce (dino kale is my favorite- slice out the stems)

2-3 cups organic* spinach (tear off the stems)

1 cup almond milk (more if needed to help consistency) can also use coconut water but avoid soy, milk, and juices

1 TBS organic* lime juice

2 cups organic* berries (or more if desired)

1 scoop protein powder (hemp, rice/pea, egg) - ideally low sugar content and about 10 grams protein per scoop

2 TBS flax seeds

1 TBS coconut oil

(For blood sugar control and support, add 1-2 tsp cinnamon)

Turn on blender: add leafy greens and almond milk and lime juice. When it is liquefied add berries and flax seeds. You can also add any nutrients that do not have a distinctive taste such as liquid vitamin D, minerals, probiotics, vitamin A. Add the protein powder last and only blend for 2-3 seconds to preserve nature of proteins. The above makes enough for 2 pints of smoothie, one for you and one for someone else in your family or freeze for later in the day (lunch?)...extra bonus!

This can be a work in progress! You will find what works for you. The goal here is to get your raw greens in early in the day. I thought I would be hungry!! I love my protein in the morning but truly this is enough. Anything else you can get in for the day is a bonus, but I highly suggest a green salad with either lunch or dinner or both.

Watch how this simple change in your day can change your life. Starting your day with a vibrant smoothie will support other positive behavior changes (e.g. since I had my healthy smoothie this morning I don't want to blow it by eating that donut).

**organic is always preferable as the nutrient value is significantly higher with organic produce. If you cannot find organic produce where you are, start with what you can find. It is still going to be a huge boost for your immune system, detoxification pathways, blood sugar regulation, cravings, nutrient balance, and more. The lime juice adds flavor but helps absorption of the iron from the dark green leafy veggies.*