

Green Detox Smoothie

Ingredients:

- 1 cup fresh spinach
- 1/2 cucumber, peeled and cut into chunks
- 1/2 green apple, cored and cut into chunks
- 1/2 frozen banana, sliced
- 1/2 cup fresh pineapple, cut into chunks
- 1/2 cup coconut water (or filtered water)
- Juice of 1/2 lime
- 1 teaspoon fresh ginger, grated
- 1 teaspoon chia seeds (optional).

Instructions:

1. Place all ingredients in a powerful blender in the order specified.
2. Blend on high speed until a smooth and homogeneous consistency is obtained. If necessary, you can add a little more coconut water or filtered water to reach the desired consistency.
3. Once the smoothie is well blended and smooth, taste and adjust the flavor as needed. If you prefer a more tart flavor, you can add more lemon juice.
4. If you are using chia seeds, you can add them to the smoothie once it is ready and mix lightly with a spoon.
5. Serve the detox green smoothie immediately in a large glass.

This green detox smoothie is packed with fiber-rich ingredients and nutrients that are beneficial for digestive health. Spinach and cucumber are especially good for the digestive tract due to their high water and fiber content, while pineapple and lemon can aid digestion thanks to their natural enzymes. I hope you enjoy it and feel revitalized!

