



Green Detox Smoothie

Serving: 1

Veg

Ingredients

- 1 kiwi
- 1/2 banana
- 1/4 cup pineapple
- 2 celery stalks
- 1/4 cups spinach Or Kale
- 1/2 cup water

Preparation Method

- Step 1 – add all ingredients to blender
- Step 2 – blend until smooth
- Step 3 – enjoy
- Add the ingredients one at a time to ensure a smooth blending process. Start with the greens, like spinach or kale, then add the fruits and other ingredients later