



GLUTEN FREE



DAIRY FREE



2 SERVINGS



10 MIN

THE SOULFUL JOURNEY DETOX SMOOTHIE

INGREDIENTS:

- 1 cup coconut water (*see notes)
- 1 cup spinach
- 1 tsp. fresh ginger
- 1/2 tsp. cinnamon
- 1/2 tsp. turmeric
- Dash of pepper
- 1 tsp. flax seeds
- 1/2 tsp. chia seeds
- 1 tsp. spirulina powder
- 1 scoop protein powder (**see notes)
- 1 scoop greens superfood powder (***)see notes)
- 1 tsp. honey
- 1 tsp. peanut butter
- 1 tbsp. MCT oil
- 1 tbsp. lemon juice
- 1 tsp. lime juice
- 1 clementine orange
- 1/4 cup blueberries
- 1/4 tsp. dried or fresh rosemary
- 1/4 cup chopped cucumber

DIRECTIONS:

- Add all ingredients to your blender and blend well.
- Add ice if desired.
- Serve & enjoy!

NOTES:

*Always a choose a good quality organic coconut water with no added sugar. My choice is Thirsty Buddah Premium Organic Coconut water.

**Look for grass-fed whey or high-quality, organic plant blends without unnecessary fillers or artificial sweeteners. Your choice will depend entirely upon your own personal needs and dietary preferences.

*** Choose gluten-free, non GMO, no added sugar greens superfood. I like Webber All Greens Superfood (available at Costco).

You will notice some strange combinations here, but do not skip ingredients! They all work synergistically together for detox, immune support and more!