

Simple Detox Smoothie



After the indulgences of Christmas and New Year and with intentions for a healthier 2021, why not treat your hard working body and mind to a fresh, invigorating detox smoothie. As delicious and it is nutritious, this gorgeous feast for the eyes and the soul will refresh, revive and restore. Sub filtered water for coconut to taste or use apple juice for extra sweetness.

Ingredients:

2 cups coconut water
1 cup fresh strawberries
1/2 cup fresh broccoli
1 cup fresh spinach
1 banana, chopped
Juice & zest of half a lemon
Pinch cayenne pepper



Method:

Blend! Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy.

How will it help detox:

Coconut Water: Low in calories and carbohydrates, and almost completely fat free, coconut water is a natural energy drink that's rich in electrolytes that keep you hydrated.

Spinach: Loaded with iron and other minerals, vitamins, omega-3 fatty acids, magnesium, protein, antioxidants, fibre, and anti-inflammatory power, this leafy legend is an immunity boosting cleansing champion. With a mild taste that's easily masked by fruits and vegetables, spinach is my top choice for introductory green smoothies.

Strawberries: Strawberries are relatively low in sugar, while still providing tons of flavour. Rich in phytonutrients, vitamin C, mineral buffers, and omega-3s, these righteous red berries are bursting with antioxidants ammo to combat inflammation in the eyes, muscles, and blood. Full of fibre, strawberries are great for digestion and detox. Strawberries add sweetness to smoothies; throw them in fresh or frozen.

Lemon: Low in sugar and full of nutrients, lemons are detox divas. Lemons are amped up with antioxidant vitamin C, antibiotic phytonutrients, and B vitamins. The citric acid in lemons aids digestion while ascorbic acid fights free radicals. Lemon peels are particularly rich in antioxidants, so throw some zest into your shakes for an additional "booster" of nutrition and flavour.

Cayenne Pepper adds crazy-amazing flavour and healing potential. As one of the most powerful detox foods, cayenne heats the body to sweat out toxins. Naturally antibiotic and anti-fungal, cayenne is also a powerful immune booster and helps burn fat!

Broccoli: Broccoli is one of the richest sources of glucosinolates – some of the most powerful toxin tackling compounds found in foods. Armed with an arsenal of antioxidants, minerals, flavonoids, carotenoids, omega-3s, and fibre, these fierce florets combat inflammation, oxygenate the blood, and banish bad bacteria for better digestion.

I boost most smoothies with 1/4 to 1/2 cup of raw frozen broccoli. As our taste buds are temperature sensitive, we can't taste the full dimension of flavors at extremely cold temps, so you can slip frozen florets into smoothies unnoticed.

Chia seeds and **flaxseeds** are all stout sources of omega-3 fatty acids, and these healthy fats have a hand in our emotional well-being and have been used in the treatment of depression and **anxiety** disorders. Flaxseed has also been shown to reduce inflammatory response

ENJOY!!!