



Detox Smoothie

Increase your energy and nourish your skin with greens! Below is a great combination of delicious fresh fruits and vegetables to refresh, revive and energize your body. Add the following organic ingredients into a blender:

Large Handful of Parsley

Handful of Kale

1/2 inch of Ginger

1/2 Apple

1/2 Lemon with Rind

1 Banana

8-10 oz. Pure Spring Water

Blend until smooth



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Green Aloe Smoothie

We are what we eat. Feeding our cells nutrient-rich foods is a key factor to healthy-looking skin. An easy way to get a healthy dose of vegetables and fruits each day is by blending them up in a smoothie! There are endless possibilities to the tasty combinations. Add the following organic ingredients into a blender:

Handful of Spinach

1 Banana

1 Small Handful of Kale

3 Oranges, peeled (juice with juicer and add)

2 inch slice of Aloe Vera (cut edges off and filet meat out) Avoid Aloe Leaf skin.

Blend until smooth

Optional: 2-3 ice cubes



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