



## Cleanse + Detox Programme

### Green Goddess Smoothie

**Not only is this smoothie surprisingly delicious & nutritious, it has the added benefit of enhancing the complexion & detoxifying the skin.**

2 cups / large handfuls kale

½ ripe avocado, cubed

1 apple/pear peeled, cored, & cubed (personally prefer the texture from Pear)

1 Tb. Almond butter (optional – substitute for any other ‘healthy’ nut butter)

1 Tb. Minced fresh ginger (optional – adds an energising kick)

8 oz. Coconut water (optional but well worthwhile, look for VitaCoca available in Waitrose, Health Food Shops and now some Sainsburys)

Combine above ingredients in a blender or (it works best if you put the kale in first then weight it down with the other stuff on top) Add just enough water to puree {approximately 1/3 cup}.

Drink this smoothie for breakfast, afternoon snack or as a light after meal snack to get your greens in.

For some extra flavour and vitamin C, squeeze hal a fresh lemon into the smoothie before blending.

**Kale:** rich in Vitamin K, magnesium, zinc and vitamin A. (Zinc enhance immune function at the cellular level, is important for reproduction and nervous system function; Vitamin K is good for bone health and blood clotting)

**Avocado:** good source of vitamin E & other healthy unsaturated fats; improved absorption of Vitamin A--precursors; anti--inflammatory. Ayurveda & many other “old” food cultures revere avocado as particularly good for women’s health issues

**Almond butter:** rich source of manganese {important for bone health}

**Ginger:** pungent expectorant with high antibacterial & antiviral properties; immune enhancer

**Apple:** good source of Vitamin C & soluble fiber; also good for the complexion

**Coconut water:** excellent source of potassium & other electrolytes