



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Detox Smoothie for the Liver

A great smoothie to encourage the liver's natural detoxification process.

Ingredients

2 1/2 cup	Water
1 beet(s)	Beets, raw (small to medium, peeled and cut in half)
1/2 cup	Blueberries (fresh or frozen, can also swap any berry you have on hand.)
1/4 cup	Parsley, fresh (rinsed)
1/2 medium	Apple (roughly chopped)
1 medium	Lemon (peeled)
1/2 piece, 1-inch	Ginger root
1 tbsp	Chia seeds

Instructions

1. Steam or boil the beets for 10 minutes on high to soften them and then peel the beets.
2. Place all ingredients into a blender prepared as directed and blend until smooth!
3. Serve right away and enjoy!

Notes:

Nutritional Highlights

- Beets help to improve heart health, they contain alpha-lipoic acid which is an antioxidant.
- Apples are high in vitamin C and polyphenols and are a great source of fiber, pectin, which can help to prevent cholesterol build-up in the blood vessels.
- Ginger is helpful with digestion and may help to reduce nausea, it is also a powerful antioxidant and anti-inflammatory.

Recipe from: Jesse Lane Wellness