

7 DETOX SMOOTHIES

by Boost Yourself

HEALTHY START SMOOTHIE

1 orange, peeled
½ mango, peeled
10 fresh mint leaves
1 handful on spinach
1 handful of ice
1 teaspoon of Detox blend

BEAUTY DETOX SMOOTHIE

1 cup of blueberries
1 handful of any greens
1 banana
½ lime, squeeze in
1 cup of water
1 teaspoon of Detox blend

WEIGHT LOSS BOOSTER

½ avocado
1 green apple
1 handful of kale
1 kiwi fruit, not peeled
1 cup of water
1 teaspoon of honey
2 teaspoons of Detox blend

GLOWING SKIN SMOOTHIE

1 cup of pineapple
1 handful of spinach
½ avocado
1 cup of coconut water
1 teaspoon of Detox blend

DELICIOUS RASPBERRY

1 ripe pear
½ avocado
1 cup of frozen raspberries
1 cup of water
1 teaspoon of Detox blend

SLIMMING GRAPEFRUIT

1 handful of kale or spinach
10 fresh mint leaves
½ avocado
1 apple
1 stick of celery
½ cup of grapefruit juice
1 handful of ice
1 teaspoon of Detox blend

PARSLEY CLEANSE

1 handful of any greens
¼ cucumber
1 pineapple, roughly chopped
½ avocado
1 small bunch of parsley
1 cup of water
1 teaspoon of Detox blend



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