

# Detox Green Smoothie



## Ingredients

- 1 cup romaine lettuce (or baby spinach), chopped
- 1/2 cup pineapple, chopped
- 1 Tbsp fresh ginger, peeled and chopped
- 1 cup cucumber, peeled and chopped
- 2 cup water
- 2 kiwis, peeled and chopped
- 2 Tbsp parsley, fresh, chopped
- 1/4 avocado
- Stevia, Liquid, to taste (optional)
- Black pepper, to taste (optional)
- 1-2 Tbsp 100% distilled Aloe Vera juice

## Directions

1. Chop romaine (or spinach) and pineapple.
2. Peel and chop ginger, cucumber, and kiwis.
3. Remove flesh from 1/4 avocado.
4. Add ingredients to blender and process until smooth.
5. Add more water as needed.

## Nutrition Facts

- calories per serving: 213
- total fat: 6 g
- cholesterol: 0 mg
- sodium 56 mg
- total carbohydrates: 41 g
- fiber: 9 g
- protein: 4 g

**TOTAL TIME: 15 MIN.**

**SERVINGS: 5**

**RECIPE FROM LIVINGPLATE**