



## Detox Green Smoothie

2 servings  
10 minutes

### Ingredients

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

### Directions

- 1 Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

### Notes

**No Kale,** Use spinach.

**No Pear,** Use apples.

**Metabolism Boost,** Add 1/4 tsp cayenne pepper.

**Make it Sweeter,** Add 1/2 cup frozen pineapple or mango.

**More Protein,** Add a scoop of protein powder or hemp seeds.