

Cleansing Green Smoothie

Author: Recipe modified from Dr. Gundry's Detox Smoothie <https://gundrymd.com/plant-paradox-green-smoothie-recipe/>

Servings: 1

Prep Time: 5 minutes

- 1 1/4 cups spring/filtered water
- 1 1/4 cups chopped lettuce (mix of Romain & green leaf)
- 1/2 cup baby spinach
- 1 mint spring, with stem
- 1/2 avocado
- Juice from 1 lemon, freshly squeezed
- 1/2 teaspoon Organic Stevia Powder Or 1/16th teaspoon Organic Monkfruit powder (erythritol free)
- 6 ice cubes from spring/filtered water

Instructions

1. Gather your veggies.
2. Peel and roughly chop all your veggies
3. Place all your veggies, stevia or Monkfruit powder, and avocado along with your water. Squeeze the juice of the lemon into the blender.
4. Blend it up on high for a minutes or two or until well blended. Add more water if shake is too thick.
5. Enjoy!