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2. Glowing green detox smoothie

- 1 kiwi
- 1 banana
- ¼ cup pineapple
- 2 celery stalks
- 2 cup spinach
- 1 cup water

3. Apple berry detox smoothie

- 1 cup mixed berries (like raspberries, strawberries, and blueberries)
- 1 large apple
- 2 cup spinach
- 1 cup water (or unsweetened almond milk)

4. Pineapple banana detox smoothie

- 1 cup pineapple
- 1 banana
- 1 apple
- 2 cups spinach
- 1 cup water



[THE SMOOTHIE DIET 21-DAY PROGRAM – CLICK HERE !](#)



5. Kale and apple green detox smoothie

- **2/3 cup almond milk (unsweetened)**
- **¾ cup ice**
- **1 ½ cups kale (chopped)**
- **1 stalk celery (chopped)**
- **½ red or green apple (cored and chopped)**
- **1 tbsp ground flax seed**
- **1 teaspoon honey (optional)**

6. Kale pineapple coconut detox smoothie

- **1 banana**
- **1 cup pineapple**
- **1 cup coconut water**
- **2 cups kale (chopped)**

7. Kale strawberry banana detox smoothie

- 1 banana
- 1 cup yogurt (plain)
- 1 cup strawberries (fresh or frozen)
- 1 cup kale (chopped)
- 1 cup ice



8. Avocado detox smoothie recipe

- 1 ½ cups apple juice
- 2 cups spinach or kale (stemmed and chopped)
- 1 apple (unpeeled, cored, and chopped)
- ½ avocado (chopped)

Combine the apple juice, spinach, apple, and avocado in a blender and puree until smooth, about 1 minute, adding water to reach the desired consistency.



[21 DAYS TO A SLIMMER, SEXIER YOU - SEE HOW!](#)

How to make a detox smoothie

Detox smoothie recipes are really easy to make:

1. Add all ingredients to blender
2. Blend until smooth
3. Enjoy

If you want to make the smoothie cold, you have two options:

1. Freeze the fruit, or buy frozen fruit
2. Add ½ cup of ice



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