

Blue Liver Detox Smoothie

Ingredients

1 cup blueberries
½ banana, peeled and chopped
½ avocado, peeled + pitted
2 tbsp pumpkinseeds
½" knob of ginger
Several mint leaves
Water or ice for desired consistency

1. Put all the ingredients in blender or food processor
2. Blend and enjoy!

This combination of ingredients provides proanthocyanidins, glutathione, circulatory enhancers, zinc, and protein, which support detoxification enzymes in the liver.

Please talk to your doctor before making any changes to your health program