

Pink Liver Detox Smoothie

Ingredients

1 cup strawberries
1 small mango, peeled + pitted
1/2 cucumber, about 4-6" long
1/2 cup swiss chard
1/4 cup red cabbage
2 tbsp hempseeds
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 chlorophyll, antioxidants, selenium, glutamine, omegas, and protein, which support detoxification enzymes in the liver.

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