

### **Detox Green Juice**

2 servings. Ready in 10 min.

#### Ingredients

- 1 sprig mint leaves, 1 sprig (1 g)
- ½ lemon, seeds removed, skin on, 0.5 lemon (54 g)
- 1 pear, peeled and chopped, 1 medium (178 g)
- 3 inch piece of peeled cucumber, 3 inch (9 g)
- ½ inch piece of peeled ginger, 0.5 tablespoon (4 g)
- 1 stalk kale, stem removed preferably lacinto/tuscan kale, 1 stalk (2 g)
- ¼ cup fresh parsley, 0.25 cup (15 g)
- ½ cup water, 0.5 cup (126 g)
- 1 cup baby spinach/greens, 1 cup (40 g)

#### Instructions/Preparation

Combine all ingredients in a blender and blend until smooth. Add more water or ice if needed. Makes 2 servings.

#### Extra comments/notes

Substitute pear for green apple, pineapple or cubed mango if desired.

#### Original source

<http://feeds.feedblitz.com/~79762321/0/runningtothekitchen~Detox-Green-Smoothie/>



