

Joyous Detox Smoothie

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 cup frozen fruit (dark berries, pineapple or mango)
- 1 scoop plant-based protein powder or 1/3 cup hemp seeds
- 2 cups of leafy greens (kale or spinach)
- 1 frozen banana
- 2 tbsp chia seeds
- ½ avocado
- 1 cup nut/hemp milk of your choice
- Filtered water to your desired consistency.

Instructions:

1. Combine all ingredients in blender and blend until smooth.