

Detox Smoothie

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2-3 leafs of Lacinato Kale de-stemmed (feel free to use another variety if you choose)
- 1 small ripe banana (Note: important that it is ripe as this is where the sweetness comes from!)
- 1/2 a ripe avocado scooped out of the flesh
- Approx. 1/2 inch piece of ginger
- Juice of 1/2 a lemon
- 1/4 cup of canned coconut milk (or $\frac{3}{4}$ cup of coconut milk in a carton – in this case only add 1/2 cup of water below).
- 1 cup of water

Instructions:

1. Blend all ingredients in a high-speed blender, serve it up and enjoy!