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I'm going to argue that you need a green smoothie recipe as part of your morning arsenal. We covered green juice a while back, but this is a different beast. And to that I'll add - it's actually a preparation that is a challenge to get just right. There are a number of variables, and if you miss the mark on any of them - well, no one likes a swampy blender beverage.

10 Day Unofficial Detox Green Smoothie Recipe Book: Over ...

Smoothie Recipe Book: 50+ Healthy Smoothies Recipes for Weight-Loss, Detox, Anti-Aging and Healthier You Today only, get this book. This smoothie recipe book is both a primer for anyone seeking to integrate the practice of smoothie making into their life as well as the experienced smoothie maker who wishes to boost the nutrition and take their smoothies to the next level.

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Detox Smoothie Recipes. A basic detox smoothie recipe contains some type of leafy green vegetable like kale, spinach, or chard, along with some type of fruit like bananas, berries, apples, or pineapple. Water, ice, unsweetened almond milk, or coconut water is often added to the smoothie to thin it out and make it easier to blend.

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