DETTOX
SMOOTHIES
CLEANSING RECIPES

greenblender
Detoxing is the process of removing toxic substances from the body. Although we can try to limit our intake of toxins in our foods, it is impossible to completely avoid them. Toxins are absorbed through our skin, and are present in the air we breathe, the chemicals in our food, and the environment in which we exist. Detoxing properly and regularly is known to help with digestive problems, skin rashes, fatigue, headaches, weight gain, and allergies. Although detox diets often conjure up images of starvation and self-denial, this should not be the case. Ridding yourself of toxins is necessary, but you do not need to deprive yourself in the process. Our detox smoothies offer proof of that.

When it comes to detoxing, a fully functioning and healthy liver is essential. This organ is responsible for transforming toxins and other harmful substances into water soluble compounds, allowing them to be easily excreted through the body. That is why the smoothies highlighted in our detox guide are focused on keeping this vital organ functioning at its best. Consuming raw foods like leafy greens, herbs, fruit, vegetables and superfoods is essential to any detox.

Detoxing and deprivation should not be synonymous. A detox diet should not require you to feel punished or restricted. Instead, detoxing is about filling up on foods that flush toxins out of your body and leave you feeling refreshed and revitalized. Our smoothies will have you feeling just that. To health!

Cheers,
The Green Blender Team
ABOUT

We’ve teamed up blueberries and plums, two potent antioxidants, to make quite the power couple. Together they fight free radicals floating around the body, and help prevent illnesses. With the blueberries acting as antibiotics, helping to prevent infections, and the plums, aiding in digestion due to their fiber content. And both are loaded with super-detoxifying phytonutrients. Blueberries also protect the brain from free radicals and inflammation. This smoothie has got brains and beauty, just like you!

INGREDIENTS

2 HANDFULS CHARD
1/2 CUP BLUEBERRIES
1 TBSP FLAXSEED
4 LEAVES BASIL
11 OUNCES COCONUT WATER
1 CUP ICE CUBES
ABOUT

Just like beets, swiss chard contains the antioxidant, betalain. Enough on its own to aid in detoxification, but this beautiful leafy green also contains a flavonoid called syringic acid. Syringic acid prevents liver degeneration and lowers liver enzymes in the blood. Swiss chard is just what your body calls for after a night of indulgence, and this smoothie is the restorative one you’ll crave.

INGREDIENTS

1 HANDFUL SWISS CHARD
1 BANANA
1 NECTARINE, PITTED
1 TBSP CHIA SEEDS
1 CUP WATER
1 CUP ICE
ABOUT

Wheatgrass is a commonly heard ingredient when detoxing, and it’s no wonder. Wheatgrass juice contains an abundance of alkaline minerals which helps reduce over-acidity in the blood, making it a powerful detoxifier and liver protector. It also increases red blood-cell count, lowers blood pressure and revs up metabolism. Ginger, with its many digestive benefits, ups the ante and adds that delicious spice.

INGREDIENTS

2 HANDFULS GREEN ROMAINE
1 PEAR
1/2 INCH GINGER
1/8 OUNCE WHEATGRASS
1 CUP WATER
1 CUP ICE
ABOUT

This tropical delight contains bromelain, a digestive enzyme that helps cleanse your colon and improve digestion. It is also believed bromelain may reduce excessive inflammation, excessive coagulation of the blood, and certain types of tumor growth. Pair it with the apple for double the sweetness and double the detox benefits. With a taste like this, there’s nothing holding you back from getting onboard this express detox train!

INGREDIENTS

2 HANDFULS KALE
1/2 CUP PINEAPPLE
1 APPLE - CORED, CHOPPED
1/2 CUP FRESH MINT - STEMMED
1 TBSP CHIA SEEDS
1 CUP WATER
1 CUP ICE
ABOUT

This is one stylish smoothie. Turmeric is a spice that adds a pop of color and tons of benefits. As an anti-inflammatory, it’s rich in antioxidants and compounds known to treat and protect against liver and digestive issues. Orange is the color of the season and this smoothie is one you can drink with confidence.

INGREDIENTS

2 CARROTS - CHOPPED
1 PEAR - CORED, CHOPPED
1/2 INCH GINGER - PEELED
1 TBSP PUMPKIN SEED
1/8 TSP TURMERIC
1 CUP WATER
1 CUP ICE
GOJI GREEN TEA

ABOUT

Our goji green tea is another smoothie that uses the power of Matcha tea, but takes the detox process one step further with goji berries. Goji berries pack more vitamin C than oranges and more beta-carotene than carrots. Vitamin C has been proven to help remove waste from your body, while beta-carotene improves liver performance. This smoothie will have you ready and raring to go!

INGREDIENTS

2 HANDFULS SPINACH
1 GREEN APPLE - CORED, CHOPPED
1/4 CUP RAW CASHEWS
1 TBSP GOJI BERRIES
1 TBSP MATCHA POWDER
1 CUP WATER
1 CUP ICE

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ABOUT

Looking for another detox smoothie with beets? Look no further, we’ve got one that will rock your world. With the addition of blueberries, you get double the detox benefits. Blueberries have antiviral properties and are loaded with super-detoxifying phytonutrients called proanthocyanidins. Mix it up, blend it up, because with beets like these, you’ll be dancing the night away!

INGREDIENTS

1 BEET - SCRUBBED, CHOPPED
1 ORANGE - PEELED
1/2 CUP BLUEBERRIES
1/2 INCH GINGER - PEELED
1 TBSP CHIA SEED
1 CUP WATER
1 CUP ICE
ABOUT

This smoothie also harnesses the power of Maqui, and adds cranberries for an even bigger impact. Cranberries are antibacterial and are loaded with antioxidants, as well as vitamins C and E. They may be small, but they feature a rich profile of anti-inflammatory nutrients, provide immune and cardiovascular support, as well as promote digestive health. They add a tanginess which compliments the sweet pears perfectly. This smoothie is sassy and, thanks to its detoxifying benefits, you’ll be well on your way to your boldest and bravest self.

INGREDIENTS

1.5 OZ BEET GREENS
1 PEAR - CHOPPED
1/4 CUP CRANBERRIES
1/2 TSP CINNAMON
2 TBSP RAW CASHEWS
1/2 TSP MAQUI POWDER
1 CUP WATER
1 CUP ICE
GREEN TEA MINT

ABOUT

Not only does this smoothie contain Swiss chard but the main ingredient, Matcha tea, is a great addition to any detox program, because of its high antioxidant value. It contains one of the most potent antioxidants, EGCg. EGCg is known to boost metabolism, burn calories, enhance mood and concentration, all while providing a rich source of Vitamin C, selenium, chromium, zinc and magnesium. Who knew such a small addition could make such a big difference? Tea time will become your favorite time of the day!
SPICY BLACK PLUM

ABOUT

Kick it into high gear with this spicy smoothie! This drink is a detoxers dream. Thanks to the arugula and its high chlorophyll content, it helps cleanse blood, detoxify cells, and boost oxygen. The ginger brings the zesty fire, heats up that metabolism and keeps your digestion going strong. Sip on this smoothie and spice up your life and your digestion!

INGREDIENTS

1 HANDFUL ARUGULA
2 BLACK PLUMS - PITTED
1 ORANGE - PEELED
1/2 INCH GINGER - PEELED
1/4 TSP CAMU CAMU POWDER
1 CUP WATER
1 CUP ICE
SWEET BOK CHOY

ABOUT

The only thing sweeter than this smoothie are its many detoxifying properties. We all know the apple does a body good in terms of detoxing, but with the combination of the bok choy, your body will be singing its sweet praises. Bok choy is a cruciferous vegetable and contains sulforaphane and indole-3-carbinols, two anticancer molecules that help the body detoxify carcinogenic substances, help prevent precancerous cells from turning cancerous, and help block the growth of tumors. This smoothie is sweet to your body and your taste buds.

INGREDIENTS

1 HANDFUL BOK CHOY
1 ORANGE - PEELED
1/2 LEMON - JUICED
1 APPLE - CORED, CHOPPED
1 CUP WATER
1 CUP ICE
ABOUT

Not only is this smoothie tasty, it’s filled with fruits and spices known to aid in detoxification. Beets truly shine in this treat and that’s because they are rich in the antioxidant, betalain. Betalain is an anti-inflammatory fungicidal which aids the body in getting rid of toxins. Add a dash of ginger, a spice known to boost metabolism, flush out waste, and aid in liver function, and you’ve got one zesty, butt kickin’ smoothie.

INGREDIENTS

1 CUP BEETS - SCRUBBED, CHOPPED
1 PEAR - CHOPPED
1/2 INCH GINGER - PEELED
2 TBSP ALMONDS
1 TBSP HEMP SEED
1 CUP WATER
1 CUP ICE
ABOUT

This smoothie takes the cake. Not only is the taste comforting, but it is also packed with essential nutrients that are great for digestion. Baobab powder has been noted for its cleansing and detoxifying effects on the liver. The apples provide that zingy tart taste as well as pectin, a soluble fiber, which can help detox metals and food additives from your body. With all of these health benefits, it’s easy to believe what they say; an apple a day truly does keep the doctor away.

INGREDIENTS

1 CUP FINGERLING YAMS - CHOPPED
1 EMPIRE APPLE - CHOPPED
1/4 CUP PECANS
2 DATES - PITTED
1/4 TSP ALLSPICE
1 TSP BAOBAB POWDER
1 CUP WATER
1 CUP ICE